

SLADE'S

COOKING SCHOOL RECIPES



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BY TWENTY-FIVE COOKING SCHOOL TEACHERS
PRICE 10 CENTS



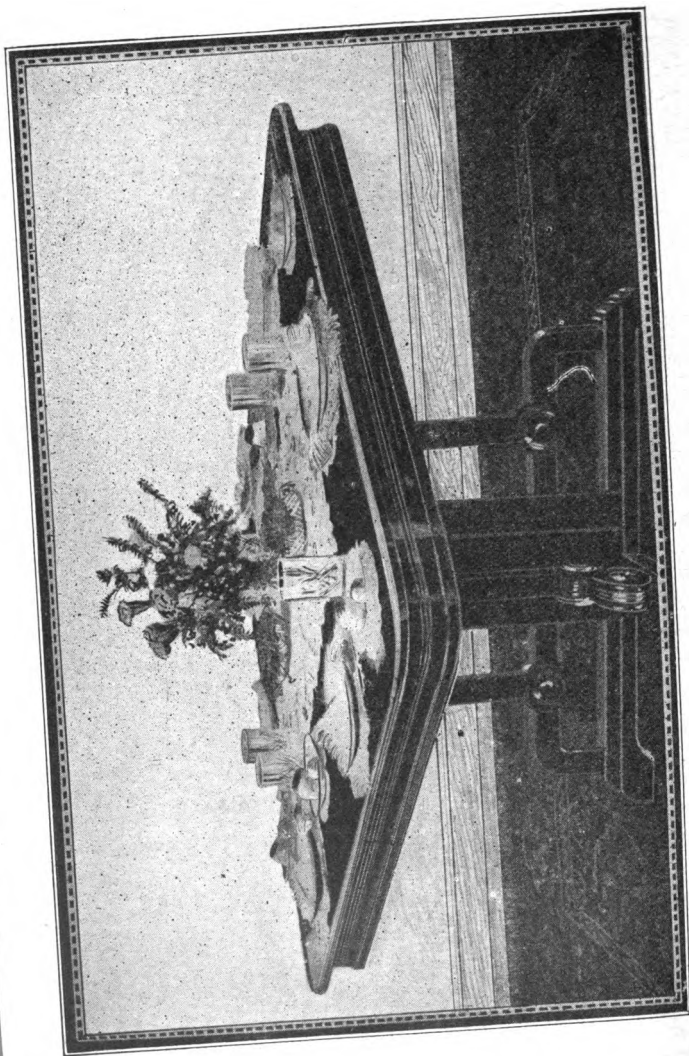


TABLE SET FOR LUNCHEON

"Every girl ought to know that cookery is a fine art and the mastery of it an accomplishment of which to be proud."

—Ella Wheeler Wilcox.

SLADE'S COOKING SCHOOL RECIPES

— BY —

25 Cooking School Teachers

**TOGETHER WITH A COLLECTION
OF HOUSEHOLD AND
HEALTH HINTS**

Eighth Edition

**BOSTON
D. & L. SLADE CO.**

1920.

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Slade's Baking Powder is always reliable; it makes food light and wholesome.

The Most Important

thing in preparing wholesome food is to be sure that you have pure and healthful ingredients to begin with.

If the baking powder is adulterated, if it contains unwholesome substances, if it is not properly proportioned and prepared, your best efforts and most valuable recipes will not produce wholesome food.



SLADE'S CONGRESS Baking Powder

An absolutely Pure Grape Cream of Tartar baking powder, unsurpassed for efficiency and health conducting quality.

SLADE'S-REVERE BAKING POWDER

Is a popular priced baking powder that produces perfect results. It is composed of Acid Phosphate of Calcium, Sodid Aluminic Sulphate, Bicarbonate of Soda and Corn Starch. These are all of the highest quality and so proportioned as to produce efficient and wholesome results. U. S. Government reports show that a properly made baking powder containing above ingredients to be as wholesome as any made.



When a noted physician like Bennett F. Davenport, M. D., certifies to the high quality of the Slade's Baking Powder, it ought to be convincing.

PREFACE.

If the one who makes two blades of grass grow where only one grew before is "a public benefactor" so is the one who improves the daily food of the people, either by supplying articles of superior excellence or by suggesting superior methods of preparation, thus adds to the health and happiness of the people.

This book is presented to the public with the purpose in mind of impressing the importance of using only high grade food articles of known purity and excellence and at the same time suggesting methods of preparing the food that will add to their palatability and wholesomeness.

The government reports as well as the thousands of family papers are constantly calling attention to the dishonest and often injurious adulteration of food articles and are constantly reiterating the fact that the only protection the purchaser can have is by buying only in packages bearing the name of a reliable manufacturer.

The indifference of housekeepers and the sharp competition of the present day frequently force grocers to sell inferior goods to meet the seeming cut prices of unprincipled or ignorant dealers.

If you are so careless or ignorant or indifferent that you willingly pay as much for poor stuff as you would for the best, why blame the grocer if he gives you that which pays the best profit?

Your health and that of those dependent upon you, the pleasures of those who eat at your table, and even economy appeal to you to exercise care and good judgment in buying, so that to be indifferent is almost criminal in these enlightened days.

The best baking powder, spices, flavoring extracts, etc., are always the most economical and wholesome and the housekeeper makes a mistake if she fails to insist upon **SLADE'S**.

"Such a house as the D. & L. Slade Co., Boston, for illustration, offers the careful housekeeper a protection which cannot be overestimated, for goods bearing their label are the best and purest obtainable and can be used with a sense of utmost security, as regards their wholesomeness and freedom from adulteration.

Manufacturers and sellers of adulterated foods justify their fraud by saying, "It sells and suits." You encourage deception when you accept the poor stuff in place of Slade's Spices.

"The most searching analysis of the D. & L. Slade Co.'s spices but demonstrates their excellence and absolute purity, and condiments sold under their brand are eminently worthy of praise from every physician and every health journal in the land." A. R. Gray, M. D.

Slade's Baking Powder is an absolutely pure grape cream tartar baking powder, and for wholesomeness and efficiency is unexcelled.

SLADE'S Spices and Flavoring Extracts are all pure, always pure and pure in all ways; they are absolutely reliable and will impart to the food a flavor superior to any other.

SLADE'S Cream Tartar and Baking Soda are so pure that they can be used for medicinal purposes as well as for baking, with the assurance that nothing purer or better can be bought anywhere at any price.

Slade's Quick Cooking Tapioca is one of the most convenient as well as the most wholesome foods; unlike the old fashioned Pearl Tapioca it needs no soaking but cooks instantly. Dr. Benjamin F. Walker, of New York, says: "No better, purer or more wholesome food product could be asked than Slade's Quick Cooking Tapioca. In every essential feature it is most excellent."

We strongly recommend Bell's Spices Seasoning for Poultry, Fish, Game and Meats of all kinds. A dressing or stuffing flavored with Bell's Seasoning is both economical and wholesome, adding to the pleasure of the meal.

Many of the Spices and Extracts sold by druggists and grocers are adulterated or below standard and are, therefore, unreliable and dangerous to use; on this account you should always insist upon Slade's in labeled packages bearing the name of the D. & L. Slade Co.

In all recipes calling for Baking Powder the modern cooking school method is to use two level teaspoons of Slade's Baking Powder to a cup instead of the old way of two heaping teaspoons to a quart of flour.

BREAD, ROLLS, ETC.

Slade's Baking Powder Biscuits (made with entire wheat flour.)

- | | |
|-----------------------------------|------------------------|
| 2 cups entire wheat flour | $\frac{3}{4}$ cup milk |
| 4 teaspoons Slade's Baking Powder | 2 tablespoons butter |
| 1 teaspoon salt | 1 tablespoon sugar |

Mix and sift together the dry ingredients. Cut in the butter with a knife and then cut in the milk. Roll out $\frac{1}{2}$ -inch thick and cut with a cutter. Bake 12 to 15 minutes in a good oven.—M. C. Jones, Cambridge, Mass.

No matter how good the cook may be, if the baking powder is poor the biscuit will not be as good as it ought to be. You can insure good results by using Slade's, the best baking powder; it is always reliable: your grocer sells it.

Corn Bread.—Mix one cup corn meal, 1 cup flour, 2 tsp. Slade's Baking Powder, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ cup sugar. Beat one egg until very light and add 2 tablespoons melted butter or drippings, mix well and add 1 cup milk. Unite mixtures, beat until smooth, and bake in buttered shallow pan, or gem pans in hot oven 20 to 30 minutes.—H. A. Huestis, Boston, Mass.

Date Muffins.—

- | | |
|-----------------------------------|---|
| 2 cups entire wheat flour | 1 cup sweet milk |
| 3 teaspoons Slade's Baking Powder | 1 tablespoon melted butter |
| 2 tablespoons sugar | $\frac{1}{2}$ cup dates cut in small pieces |
| $\frac{1}{2}$ tablespoon salt | |
| 1 egg | |

Mix in the order given. Half fill 12 Muffin rings and bake.—Myrtle Ethelyn Robinson, Twentieth Century Cooking School.

Graham Bread.—

- | | |
|--------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ cups sour milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup sugar | 2 teaspoons Slade's Soda |
| $\frac{1}{4}$ cup molasses | 2 cups sifted Graham flour |

Mix the above thoroughly and bake forty minutes.—Isabelle Osborne, Instructor, School of Domestic Science, Boston, Mass.

Nut Bread.—

- | | |
|---|---|
| 1 cup scalded milk | 2 cups bread flour |
| 1 cup boiling water | 3 $\frac{1}{2}$ cups entire wheat flour |
| 2 tablespoons butter | 1 cup English walnut meats |
| 2 teaspoons salt | |
| 2 tablespoons sugar | |
| 1 yeast cake dissolved in $\frac{1}{4}$ cup luke warm water | |

Mix the first five ingredients, and when the mixture becomes luke warm, add the dissolved yeast and the bread

Few extract manufacturers can say they never use artificial ethers, but Slade uses only the true and pure fruits and fruit oils.

flour. This makes a soft sponge. Cover and set in a warm place for two hours, to rise. Sift in gradually $3\frac{1}{2}$ cups of entire wheat flour or enough to make a soft dough; add nut meats. Cover again and set in a warm place until it doubles in bulk. Toss on a floured board, knead until smooth, shape into loaves. Let the dough rise in bread pans until it doubles in bulk. Bake in a hot oven one hour.—L. C. Smith, Brookline, Mass.

Oatmeal Rolls.—

- | | |
|-------------------------------|---------------------------------|
| 1 cup milk | 1 cake yeast softened in |
| $\frac{1}{2}$ cup rolled oats | $\frac{1}{4}$ cup milk or water |
| 3 tablespoons butter | 2 eggs, whites beaten stiff |
| 1 tablespoon sugar | Flour to knead |
| $\frac{1}{2}$ teaspoon salt | |

Scald the milk and pour over oats, add butter, sugar, and salt. When luke-warm add yeast, egg white and flour. Knead till elastic, let double in bulk and shape in small rolls. If a crusty roll is desired place far enough apart so that they will not touch when risen double. Bake in a hot oven.—Mary Macdermaid, Instructor, School of Domestic Science, Boston, Mass.

Rye, Graham or Oatmeal Bread.—

- | | |
|----------------------------|-------------------------------------|
| 1 cup scalded milk | $\frac{1}{2}$ cake compressed yeast |
| 1 level teaspoon butter or | $1\frac{1}{2}$ cups white flour |
| lard | $1\frac{1}{2}$ cups Graham or rye |
| 1 level teaspoon salt | flour or |
| 2 level teaspoons sugar | 1 cup cooked oatmeal |

Melt the butter in the hot milk, mash and cream the yeast, sugar and salt and moisten with two tablespoons warm water. When the milk is cool add the yeast and white flour, using enough to make a drop batter after beating well. Let this sponge rise, surrounded with warm water, and when foamy, stir in either of the coarse meals, using enough to make a dough that will keep its shape, and could be handled if necessary. If it settles to a level when you stop stirring, add more flour till it will keep up round. Let the dough rise, covered, in a warm place; when doubled in bulk, shape into small loaves and let them rise again till double, or, if the dough should be too soft to handle, roll it in a little flour on the board, and then roll it off into a greased pan held under the edge of the board. Bake in a hot oven about an hour, and when done let it cool uncovered, standing it on the edge.

In making oatmeal bread, use one cup of freshly made, warm rolled oat mush; or, lacking this, scald one cup of rolled oats with enough boiling water to swell and moisten all the grains and let it stand half an hour. Then proceed as for Graham Bread.—Mary J. Lincoln, Boston, Mass.

Rolls or Bread.—

1 pint scalded milk or	1 level teaspoon salt
1 cup milk and 1 cup hot water	1 level tablespoon sugar
1 rounded tablespoon lard or butter	$\frac{1}{2}$ to 1 whole yeast cake
	$\frac{1}{4}$ cup warm water
	3 pints sifted flour

Put the hot milk, butter, salt and sugar in the mixing bowl; soften the yeast in the warm water; use one-half cake if the dough is to be mixed at night and rise until morning, and a whole cake if mixed in the morning and a quick rising is desired. The latter is the better way.

When the milk is cool, add the yeast and enough flour to make a dough that will stand up round when you stop stirring it. Mix with a strong knife, with a cutting-through-and-turning-over motion of the dough at every stroke, occasionally scraping from the edge of the bowl to the centre.

When stiff, mix until no flour is seen, smooth it over the top, cover with a towel and pan and let it rise in a warm place. If you prefer to knead the dough, add more flour, toss it out on the floured board and knead it with the palms, not the fingers, till fine-grained, elastic, and smooth clear through the mass.

For a quick rising put the bowl in a pan of hot water (as hot as you can bear your whole hand in for a minute) and add hot water as needed to keep it at uniform temperature. When the dough is light and spongy around the edge and has doubled its bulk, which will be in from two to three hours, divide it into four equal parts if for bread, and into small portions if for rolls; knead each slightly to shape, using a mere dusting of flour and be careful to leave no dry flour on the surface; put loaves into a greased brick loaf pan, two in each, and the rolls into a shallow pan; cover well and when risen to the top of the pan, bake in a hot oven from forty to sixty minutes for bread and ten to fifteen minutes for rolls. Let the rolls rise more slowly and for a longer time than the bread, for they will not rise so much in the oven as the heat sets the dough cells almost immediately.—Mary J. Lincoln, Boston, Mass.

Rice Muffins.—Take one quart of sour milk, three well beaten eggs, a little salt, a teaspoon of Slade's Soda and enough Slade's Rice Flour to thicken to a stiff batter. Bake in rings.

Rice Muffins No. 2.—One and one-half cups Slade's Rice Flour, a tablespoon of sugar, two teaspoons Slade's Baking Powder (or one teaspoon of Slade's Saleratus and two teaspoons Slade's Cream Tartar) a little salt, one egg, and one and one-half cups sweet milk.

Mix thoroughly all the dry ingredients, then add the egg and milk. Bake at once.

Slade's Spice-and-Fruit-Rolls.—Sift together, three times, three cups of pastry flour, three rounding teaspoonfuls of Slade's Baking Powder and a generous half-teaspoonful of salt. Work in one-third a cup of shortening. Beat an egg, add about two-thirds a cup of milk, less rather than more, and use to mix the dry ingredients to a dough. Knead the dough slightly, then roll into a rectangular sheet about one-third an inch thick. Brush over with softened butter, sprinkle with half a cup of dried currants and then with three tablespoonfuls of sugar, mixed with a teaspoonful of Slade's Ground Cinnamon and one-fourth teaspoonful Slade's Cloves. Roll the dough as a jelly roll, then cut into inch-and-a-half lengths. Dispose these close together with one end upward in a buttered baking pan. Sprinkle the tops with a little sugar and spice mixed together. Bake about twenty-five minutes. Serve hot with cocoa.—Mrs. J. M. Hill, Boston, Mass.

It is impossible to make a purer, stronger or more healthful baking powder than Slade's.

Small Plum Brown Bread (Grandmother's Pudding Sauce)

2/3 cup Graham flour	½ teaspoon salt
2/3 cup corn meal	½ cup molasses
2/3 cup rye meal	1¼ cup thick sour milk
1½ teaspoon Slade's Soda	1 cup raisins, seeded

Thoroughly mix and sift the first five ingredients. Mix molasses and sour milk and add to the first mixture. Add raisins and stir well. Butter the inside of ½-lb. baking powder tins, fill them half full of the mixture, cover tightly, place in a covered kettle of boiling water and steam one hour. Be sure to keep the kettle tightly covered, and the water boiling the entire time. If a crust is desired, put the brown bread in a hot oven after removing from the tins and bake ½ hour or until a firm crust forms.

Grandmother's Pudding Sauce.—

1 cup granulated sugar	¼ cup orange juice
½ cup butter	¼ cup boiling water

Cream the butter and sugar thoroughly; add orange juice and cream again, add boiling water gradually, mix well, and serve at once. If butter and sugar are thoroughly creamed, this sauce is very foamy.—L. C. Smith, Brookline, Mass.

Tea Muffins.—Mix two cups bread flour, 2 teaspoons Slade's Baking Powder, ½ teaspoon salt and 1 tablespoon sugar. Beat 2 eggs until very light, add ¼ cup melted butter and ¾ cup milk. Unite mixtures; beat until smooth and bake in a hot oven 20 or 25 minutes.—H. A. Huestis, Boston, Mass.

Your only protection against fraud and adulteration is the name of a reliable manufacturer; get Slade's Spices and Specialties.

Slade's Baking Powder always ensures good results in baking. Poor baking powders lead to failure and disappointment, but Slade's produces light, pleasing and wholesome food.

FRITTERS AND GRIDDLE CAKES.

Banana Fritters.—

- | | |
|-----------------------------------|--------------------------|
| 1 cup bread flour | ¼ teaspoon salt |
| 2 teaspoons Slade's Baking Powder | 1 egg |
| 3 teaspoons powdered sugar | ¼ cup milk |
| | 1 tablespoon lemon juice |
| | 3 bananas |

Mix and sift the dry ingredients. Beat egg well, add milk and add this to dry ingredients; beat until smooth. Add banana which has been forced through a sieve and lemon juice. Drop by spoonfuls into deep hot fat. Drain and serve hot with Lemon Sauce as follows. This serves six persons.—Edna Burso, Worcester, Mass.

Slade's Baking Powder is as pure and good a baking powder as can be made; it is made from grape cream tartar.

Lemon Sauce.—

- | | |
|--------------|-------------------------------------|
| ½ cup butter | ½ cup boiling water |
| 1 cup sugar | Juice and grated rind of one lemon. |
| 3 egg yolks | |

Cream butter in top of double boiler; add sugar slowly. Add egg yolks beaten till a light yellow, then boiling water. Cook till thick over hot water. Add lemon juice and grated rind.—Edna Burso, Worcester, Mass.

Squash Griddle Cakes.—

- | | |
|-----------------------------------|----------------------|
| 2 cups flour | 2 cups sifted squash |
| 1½ cups milk | 4 tablespoons sugar |
| 2 eggs | 1 teaspoon salt |
| 2 teaspoons Slade's Baking Powder | |

Mix and sift dry ingredients. Beat the eggs, add them and the milk to the squash. Pour over the dry ingredients and beat until smooth and light. Drop by spoonfuls on a greased hot griddle. When well puffed, full of bubbles and cooked on the edges, turn and cook on the other side.—Mary E. Ditson, Allston, Mass.

SOUPS.

For flavoring soups, chowders, etc., Slade's Extract of Onion will be found excellent. Slade's is the true extract of onion while much that is sold is artificial, being made from garlic or one of the coal tar derivatives.

Too much stress cannot be laid upon the importance of flavoring soups properly; a dash of pepper may spoil all your efforts if the pepper is of poor quality, while a little

No chemical preservatives in any of Slade's goods; purity, cleanliness and scientific skill are depended upon as preservatives.

of SLADE'S Pepper will make it pleasing to the palate; the difference in the flavor of the Pepper makes far more difference than most people think; that is why it is important to be particular to get Slade's, which is always pure and good.

Celery Salt gives a very pleasing flavor to many soups, but the same care must be exercised to get the best quality for probably three-fourths of the brands being sold are adulterated and the best protection you can have is to get SLADE'S, which can be depended upon to be absolutely pure.

A small bag of Slade's Pickling Spice cooked in the soup gives a delicious flavor and the bag of spice can be removed just before the soup is served.

Cream Soup with Vegetables.—The cooked and sifted pulp of almost every variety of fresh, canned or dried vegetable may be combined with milk, cream and eggs, seasoned appetizingly and served as soup. Many of the varieties may be prepared at short notice and are very useful in emergencies.

To prepare vegetable pulp; wash, trim or pare and divide whatever vegetable is to be used. Cook those which have strong acrid juices like potato, cauliflower, onion, shell beans, etc., in boiling water five minutes, then discard this strong water and add water to cover and cook until very tender. If canned peas, string beans, and asparagus are to be used, drain off the water, as this often has an unpleasant taste of the tin; rinse well and heat quickly in water to moisten.

Soak whole dried peas, beans, lentils, etc., in cold water over night or until well swollen; split peas will cook soft without soaking.

Chestnuts should be shelled and blanched before boiling.

Green peas that are too hard to serve as a vegetable make an excellent soup and should be used in this way instead of cooking them with those which are tender, thereby spoiling all.

In making sweet corn soup, scrape off the raw pulp, and put the cobs in cold water and cook half an hour, then use this water with the pulp.

Cook tomatoes in their own juices with a bit of onion and sweet pepper or a teaspoon of Slade's whole mixed spices and a bit of Slade's Soda and add the flour cooked in butter, before straining; this will expedite the process; making, when canned tomatoes are used and the milk is heated while the tomatoes are cooking, one of the best soups for an emergency.

Congress Baking Powder is a cream tartar baking powder; Revere Baking Powder is cheaper but equally efficient. Both are wholesome or we should not sell them.

Celery, carrot, salsify, parsnip and asparagus should be cut in inch pieces to draw out the flavor quickly.

When the vegetable is cooked tender, mash in the water; then press through a strainer fine enough to keep back seeds, hulls or fibre. Rest the strainer in the top of the double boiler and press with a wooden masher. With peas, or other vegetables having tough hulls, turn out after the first pressing into a dish and add water or milk to cover, stir well and this will help the remainder of the pulp to go through easily. Much would be wasted without this precaution.

Now having prepared the vegetable pulp, the remainder of the process is very simple, for you have only to add an equal part or any proportion convenient of milk or thin cream and thicken it to the desired consistency with flour or cornstarch cooked in butter, as for white sauce, seasoning as preferred. A general formula would be:

1 pt. vegetable pulp with juice	2 level tablespoons flour 1 level teaspoon salt
1 pt. milk or thin cream	Slade's Pepper to taste
2 level tablespoons butter	

Add the milk to the pulp and heat; melt the butter in a sauce pan and cook in it one tablespoon each of minced onion and sweet pepper. Cook slowly without coloring. Skim them out and put them with the pulp; stir in the flour, adding more butter if needed, blend and add gradually one cup of the milk mixture; when smooth and thick stir this into the remainder. Add more milk or water if needed to very thick pulp of dried vegetables and use more flour with succulent vegetables.

All vegetable cream soups are thicker as they cool, and should be a little thinner than desired at first and be served very hot.

Some starchy vegetables would appear to need no thickening but to perfectly unite the pulp with the liquid, a small amount of flour is needed; and the soup has a finer flavor if this flour first be cooked in the butter, instead of diluted with water and stirred in, as then it is often insufficiently cooked.

Always plan to have extra milk for thinning, as it is easier to thin the soup, than to add thickening if it be too thin; the pulp varies so much that an exact recipe is not always to be followed strictly.

The extra seasoning for pea, corn or carrot soup may be a teaspoon of sugar, for spinach a teaspoon of lemon juice; for potato or cauliflower Slade's Celery Salt or grated cheese; for dried beans, Slade's Mustard, lemon juice and hard-boiled eggs.

The healthful qualities of Slade's Quick Cooking Tapioca are well known.

Slivers of celery, chives or crisp fried bacon or tiny fried or toasted croutons, or fried fritter beans, or small cooked peas or asparagus tips, or sifted egg yolks may be served with any cream soup.

To make richer cream soups, add double the amount of butter in small portions just before serving, or beaten eggs, cooking only a moment longer, or whipped cream, or combine white meat stock, or oyster juice or meat extract with the vegetable.—Mrs. Mary J. Lincoln, Writer and Lecturer on Household Science, Boston, Mass.

Chicken Soup.—Cook together slowly for one hour three pints of chicken liquor, a tablespoonful each of onion and carrot sliced, a sprig of parsley, stalk of celery, teaspoonful of sweet herbs, four peppercorns and a teaspoonful of salt; strain and reheat, then add four level tablespoonfuls of Slade's Quick Cooking Tapioca and cook until the tapioca is transparent. Add one pint of hot cream or milk. Beat the yolks of two eggs, add to them a few spoonfuls of the hot soup, and when well mixed stir them into the soup and remove at once from the fire. Have ready the whites of the eggs, slightly salted and beaten until stiff and dry and put them by spoonfuls into the soup tureen. Pour over them the hot soup and serve at once.—Mrs. J. M. Hill.

Clam Bisque.—Wash two quarts soft shelled clams, put in a kettle with one-half cup hot water, cover, and cook until shells open. Drain liquor from clams and strain through a double thickness of cheese cloth. Add enough boiling water to make one quart liquid. Cook one tablespoon finely cut onion and two tablespoons grated carrot in two tablespoons butter, five minutes. Add two tablespoons flour and stir until well blended, then pour on gradually while stirring constantly the clam liquor. Bring to the boiling point, strain and add one cup cream, and the yolks of two eggs beaten slightly. Season with salt, Slade's Pepper and a slight amount of Slade's Powdered Nutmeg.—Fannie Merritt Farmer.

Cream Soup with Stock.—We include here all soups made by combining milk or cream, or white sauce and eggs, with a stock of chicken, veal, white blooded fish and shell fish.

White stock is a general term for the water in which fowl, or chicken or a portion of veal has been boiled or steamed and it includes fish stock, which is made by boiling any white fish or the thinner shells of crabs and lobsters; and also oyster stock or the juice of parboiled oysters.

After boiling whichever material you are to use in making the soup, strain the stock and remove the fat when cold, or when ready to use; then dilute as desired with

milk or cream and thicken slightly with flour, or corn starch cooked in hot butter as for white sauce. Season simply with salt, Slade's Pepper or Cayenne, or add to each variety of soup some additional and appropriate seasoning. A general formula would be:

1 pint white stock	1 or 2 level tablespoons
1 pint milk or thin cream	flour
2 level tablespoons butter	1 level teaspoon salt
1 level tablespoon corn-starch.	Slade's Pepper to taste

Heat the stock and milk in a double boiler, melt the butter in a sauce pan without browning; add the corn-starch and seasoning, blend and add gradually one cup of the hot stock; when stirred smooth add this to the remainder of the soup.

The extra seasoning for chicken or oyster soup may be Slade's Celery Salt, Slade's Mace, bay leaf or minced parsley; for fish soup any preferred table sauce, catsup, or chives, or bay leaf.

Slivers of onion, sweet pepper or Celery may be cooked slowly in the butter before adding the flour and strained from the sauce before serving. Richer cream soups may be made by stirring in one or two beaten eggs to each quart of soup, just before serving and letting it heat only long enough to slightly cook the egg; or by serving a small portion of whipped cream in the tureen. To oyster soup, add the minced and sifted parboiled oysters; to crab or lobster soup, the minced meat and to chicken the pounded and sifted breast of the boiled fowl.—Mary J. Lincoln, Writer and Lecturer on Household Science, Boston, Mass.

Tomato Tapioca Soup.—Mix two cups stewed and strained tomato, one cup cold water, 3 tablespoons Slade's Quick Cooking Tapioca, one slice onion, 2 teaspoons sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon Slade's Pepper, few grains each Slade's Cloves and Celery Salt and cook until tapioca is clear. Remove onion, add three tablespoons butter and $\frac{1}{4}$ teaspoon Slade's Soda and serve.—Alice Bradley, Boston, Mass.

MEATS, ENTREES AND VEGETABLES

The use of spice in foods is not alone to improve the flavor and please the palate, but it is also intended to tickle the glands of the stomach and make them produce an abundant supply of digestive juices. They also stir up the liver, a necessary function in the case of people of sedentary lives. The stronger the digestive organs the less the need of spices, but as people advance in years the need of the aid of spices increases. It is a remarkable circumstance that spices grow in hot climates where the heat prevents the active bodily exercise of colder climates and where

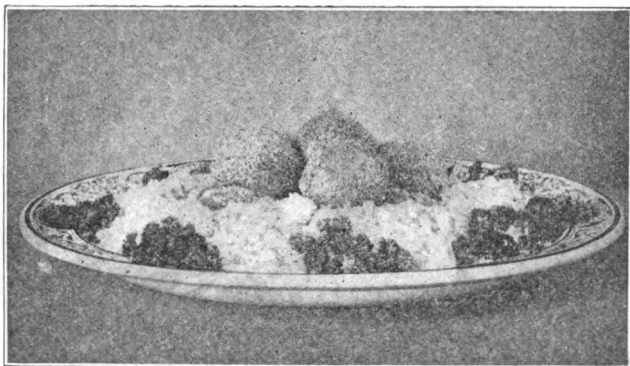
men become sluggish and inactive, here men, animals and birds find it essential to eat spices in abnormal amounts. The beneficial effects of pepper, curry powder, and other condiments are generally recognized; the important thing is to get the pure; this can be done by refusing bulk spices and insisting upon having Slade's in sealed packages bearing the name "Slade's"; these are always absolutely pure and extra strong.

Chicken Croquettes.—Stir a pint of fine-chopped chicken into a cup and a quarter of sauce, made of one-third cup of flour, three tablespoons butter, a cup of chicken stock, and one-fourth cup of cream; season with a few drops of Slade's Onion Extract, a teaspoon of lemon juice, one-half teaspoon Slade's celery salt, and Slade's pepper. When thoroughly chilled, form into cylindrical shapes, roll in egg-and-bread-crumbs, and fry in deep fat. Serve surrounded with cooked peas and figures stamped from cooked slices of carrot seasoned with salt, Slade's Paprika and butter.—Mrs. Janet M. Hill, Boston, Mass.

Chicken and Tapioca Panada.—Put a pint of well-seasoned chicken liquor into a double boiler over the fire. When the liquor is hot, add a quarter cup of Slade's Tapioca and cook, stirring occasionally, until the tapioca is transparent. Add one cup of hot cream and one generous cup of cold baked or broiled chicken that has been chopped fine in a meat chopper. Season with a scant half-teaspoon of Slade's Celery Salt, a dash of Slade's Cayenne, and a half-teaspoon of finely-chopped parsley. Beat the mixture together thoroughly, and when it is hot add very carefully the yolks of two eggs slightly beaten. Serve in cups with sippets of well-toasted bread. The yolks of eggs may be omitted if desired.—Mrs. J. M. Hill.

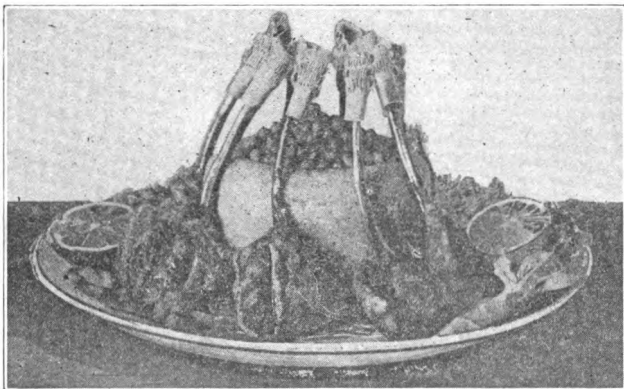
Lamb and Macaroni, Breck Style.—Chop remnants of cold roast lamb and season with salt, Slade's Pepper and Slade's Celery Salt; there should be one cup. Put in a buttered baking dish and cover with one cup boiled macaroni broken in small pieces and seasoned with salt. Beat four eggs slightly and add one and one-half cups milk. Pour over the macaroni and dot over with bits of butter, using one and one-half tablespoons. Bake in a slow oven until firm and slightly browned on the top.—Fannie Merritt Farmer, Boston, Mass.

Lamb Chops, Broiled.—Trim the flesh neatly from that part of the rib bone which extends upward from the "eye" of meat. Remove all superfluous fat around the eye. Wipe with a damp cloth and place in a well-oiled broiler. Broil from six to ten minutes, according to thickness, ten seconds on a side. Spread with maitre d'hotel butter. Cover the ends with paper frills, and dispose around a support, hollow in the centre. Fill the centre with peas.

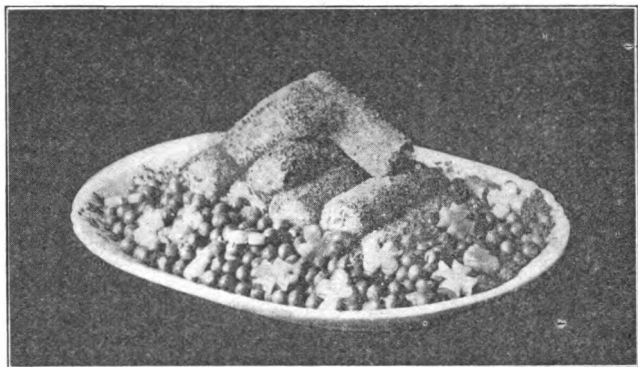


VEAL FORCEMEAT BALLS IN CURRY SAUCE.
(See Page 24.)

Dr. Harvey M. Wiley, former U. S. Food Commissioner, has certified that Slade's Spices are pure. (See 1001 Tests.)



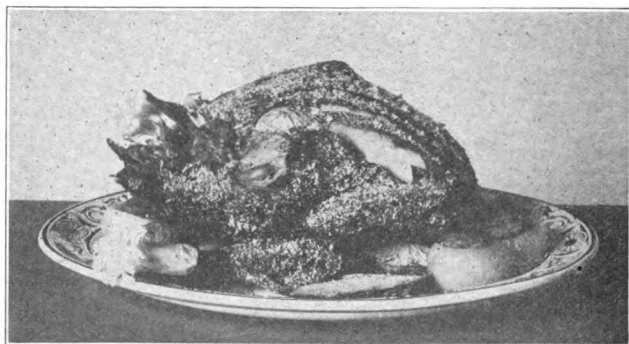
LAMB CHOPS, MAITRE D'HOTEL BUTTER.
(See Page 18.)



CHICKEN CROQUETTES WITH PEAS.

(See Page 18.)

Food Experts, Chemists and Physicians who test Slade's Spices, Extracts and Food Specialties, testify to their purity and excellence.



ROAST TURKEY; GARNISH, ONIONS STUFFED WITH SAUSAGE.

(See Page 21.)

The better informed one is the more strenuous to get Slade's Spices.

Maltre d'Hotel Butter.—Cream one-fourth a cup of butter. Add one-half teaspoon salt, a dash of Slade's Pepper and a tablespoon of fine chopped parsley; then, very slowly, to avoid curdling, a tablespoon of lemon juice. This sauce is appropriate also for beefsteak and broiled fish.—Mrs. J. M. Hill, Boston, Mass.

There is a great difference in flavor between Slade's Pepper and the common pepper frequently sold.

Turkey, Roasted and Stuffed.—Draw, singe, and remove pin feathers; wash and wipe the turkey, inside and out; rub over with salt inside and out, then fill with stuffing and truss neatly. Place strips of salt pork over the breast and set into a hot oven. In about twenty minutes, lower the heat of the oven and baste the turkey with salt pork fat, or dripping, melted in hot water. Cook a ten-pound turkey about three hours, or until the joints may be easily separated. Baste every ten minutes, dredging with flour after each basting.

Stuffing.—Mix thoroughly one quart of soft bread crumbs, a cup of butter, melted in two-thirds cup hot milk or water, one-half teaspoon salt, one teaspoon of Bell's Spiced Poultry Seasoning, and a beaten egg. Omit the egg, if the dressing is to be eaten hot. A cold dressing slices well, when the egg is used.—Janet M. Hill.

Bell's Spiced Poultry Seasoning is a combination of the purest spices and freshest herbs and is unequalled as a flavoring for all kinds of stuffings.

Stewed Kidneys.—

2 beef kidneys	¼ teaspoonful Slade's
2 tablespoons butter	Cloves
2 tablespoons flour	Juice one-half a lemon
Soup stock or water	1 teaspoon salt
2 tablespoons mushroom ketchup	¼ teaspoon Slade's Pepper
¼ teaspoonful Slade's Cinnamon	

Slice the kidneys; remove the fat. Cook three hours in a soupstock or water to cover, in a double boiler. Remove the kidneys and any superfluous fat with brown paper. Rub butter and flour together and add to stock with the remaining ingredients. Cook the kidneys in this sauce twenty minutes.—Mary E. Ditson, Allston, Mass.

Stewed Mutton.—Three pounds of fore quarter of mutton. Wipe with a damp cloth and remove the pink skin, the fine splinters of bone, and as much of the fat as possible. Put loosely into a granite stewpan, add enough boiling water to cover, and cook very slowly until the meat

Slade's Pepper has a better flavor than other kinds because it is the best cleaned whole pepper powdered perfectly pure.

is tender. Put with it one medium-sized onion cut into quarters.

When it has cooked one hour add one teaspoonful of salt and one-fourth saltspoonful of Slade's Pepper. While cooking add boiling water to replenish that which has boiled away. When the bones will slip out easily remove from the fire, take out the largest of the bones, and set it away to cool. When the fat is hard, remove every particle of it. Put the meat over the fire again, and if the broth be too strong, add water to dilute it and add more seasoning if desired. When boiling add, for about one quart of liquid, two tablespoonfuls of Slade's Quick Cooking Tapioca, boil five minutes longer, and serve.

The meat and broth may be served separately if desired. A fowl cut up as for fricassee, or portions of the fore quarter of veal may be prepared in a similar way, and the broth will be delicious thickened with Slade's Quick Cooking Tapioca.—Mrs. M. J. Lincoln.

Insist upon having Slades' Quick Cooking Tapioca and do not accept inferior kinds.

Veal en Casserole.—Two pounds veal steak cut in individual servings. To one beaten egg add two tablespoons cold water, dip veal in bread crumbs that have been dried and rolled, then in egg and again in crumbs. Saute until brown in salt pork fat, place in casserole, cover with a well-seasoned tomato sauce or brown gravy and cook slowly for 2 hours or more. Serve from the casserole.—Mary Macdermaid, Instructor, School Domestic Science, Boston, Mass.

Veal Balls en Casserole.—Remove and discard all unedible portions from a pound and a half of veal steak. To the meat add a thin slice of bacon or fat salt pork, a slice of onion, three or four branches of parsley and a chilli pepper, freed from seeds; pass these all together through a food-chopper; add one-fourth a cup of thick cream, beaten firm, a slice of bread, freed from crust, soaked in cold water and squeezed dry, a generous half-teaspoonful of salt, one egg beaten light and a teaspoonful of Mandalay or similar sauce. Mix all together thoroughly, then shape in the hands, into balls. Have three or four tablespoonfuls of hot bacon fat in a frying pan; roll and cook the balls in the fat until seared upon the outside, then dispose in a casserole. Add six small onions, parboiled an hour and drained, and six quarters of carrots, parboiled half an hour and drained, also about a pint of broth or tomato puree or a cup of each and half a teaspoonful of salt. Cover and let cook in a moderate oven about an hour. Serve from the dish.—Mrs. J. M. Hill.

Slade's Standard—Absolute Purity and Superior Excellence—leads to success. Encourage business integrity by getting Slade's Spices, Mustard, Salad Cream, etc.

CURRIES.

Curry powder adds a flavor unobtainable otherwise; Slade's is the only kind you should use, for most brands on the market are adulterated or of poor quality.

Curry of Chicken.—Separate a chicken into pieces at the joints, dip in water and roll lightly in one-fourth cup of flour into which a tablespoon of Slade's Curry Powder has been mixed, then saute in hot butter with a thinly-sliced onion until lightly colored. Grate a fresh cocoanut, pour over it a cup of boiling water, let stand half an hour, then strain off the liquid. Set this aside to add to the curry just before sending to the table. Add a second cup of boiling water to the grated cocoanut and let stand half an hour, then pour the whole into a cheese cloth and press out all the liquid possible. Add this last liquid with a cup of veal or chicken broth (that made from the neck, pinions, back-bone piece and giblets of the chicken cooked with slices of onion and carrot and a sprig of parsley will do), to the chicken in the pan and let simmer until the chicken is tender; add salt as needed, the reserved cup of cocoanut milk and one teaspoon of lemon juice. Serve with boiled rice in a dish apart.

Slade's Curry Powder is made from a fine Indian recipe—it has the true flavor.

Curried Potatoes.—Melt two tablespoons butter and cook in it a tablespoon of minced onion, add a heaping tablespoon flour, a tablespoon Slade's Curry Powder, one-half teaspoon salt and a cup of hot milk. Let boil five minutes, strain over one pint of hot cooked potato balls. Serve hot. This is excellent with cold meats, ham and bacon.

Curried Shrimps.—Chop fine one small onion and cook until yellow in $1\frac{1}{2}$ tablespoonfuls butter; add $1\frac{1}{2}$ tablespoonfuls flour and $\frac{1}{3}$ teaspoonful Slade's Curry Powder; when smooth add $1\frac{1}{2}$ cups stewed and strained tomato and 1 can shrimps broken in pieces. Season with salt and Slade's Pepper or Paprika and serve on crackers or toast.
—H. A. Huestis, Boston, Mass.

All sorts of Curry Powders are sold; good, bad, and indifferent in quality; always insist upon having Slade's and you get the best.

Curry of Vegetables.—Parboil 10 minutes 1 cup each carrot and turnip cut in small cubes. Drain and add 1 cup potatoes, cut in larger pieces, $\frac{1}{2}$ teaspoon salt and boiling water to cover well. When vegetables are done, drain and add $\frac{1}{2}$ cup cooked peas. Season with a little salt, Slade's Pepper or Paprika and moisten with one cup Curry Sauce, as follows:

"Better than home made" is the verdict after trying Slade's Salad Cream.

Curry Sauce.—Cook together until slightly browned 1 tablespoon (rounded) butter and two tablespoons onion; then add $\frac{1}{2}$ teaspoon Slade's Curry Powder, $\frac{1}{2}$ teaspoon salt, speck of Slade's Pepper and Slade's Celery Salt, and 1 heaping tablespoon flour, when smooth add 1 cup milk; cook until thickened, and strain over the vegetables.—H. A. Huestis, Demonstrator, Newton, Mass.

Hawaiian Curry.—

1 grated cocoanut	1 section dried garlic
1 $\frac{1}{2}$ pints milk	Small piece green ginger
2 tablespoons butter	root
2 tablespoons flour	1 tablespoon Slade's Curry
$\frac{1}{2}$ large onion	Powder

Add the milk to the grated cocoanut and allow it to stand twenty-five minutes. Strain through a thin cloth and discard the cocoanut meat. Chop onion and garlic, and grate the Ginger Root. Add to melted butter and cook 5 minutes. Mix flour and Curry Powder and add to the melted butter. When thoroughly blended, add milk gradually and cook slowly until the sauce thickens—just before serving season with salt. If salt is added at first, it is liable to curdle the milk.

Reheat lobster meat or shrimps in the sauce and serve with a border of boiled rice.—Jean Kenrick, Newton, Mass.

Veal Force meat Balls in Curry Sauce.—Pass a pound and a half of veal and one-fourth a pound of salt pork through a meat chopper; add one and one-half cups of cracker crumbs, one and one-half teaspoons salt, one-half teaspoon Slade's Pepper, one-half cup cream, milk, stock or water, two well-beaten eggs, and the juice of half a lemon. Shape into balls; saute the balls with a sliced onion to a golden brown on all sides in salt pork fat or butter. Take out the balls, add more butter if needed, one-fourth cup flour, two tablespoons Slade's Curry Powder and one-half teaspoon salt; when frothy, dilute with about a pint of milk, water or stock, let boil, then strain over the balls, which should be half covered with the sauce; cover, and let simmer slowly about forty-five minutes. Serve in the centre of a ring of hot boiled rice.—Mrs. J. M. Hill, Boston, Mass.

Slade's Curry Powder is made from a fine Indian recipe—it has the true flavor.

EGGS.

Egg Nog (Orange).—Beat white of one egg, until stiff and add gradually $\frac{1}{2}$ tablespoon sugar and juice of $\frac{1}{2}$ orange. Beat yolk of one egg until thick and add gradually a few grains salt, $\frac{1}{2}$ tablespoon sugar, juice of $\frac{1}{2}$ orange and $\frac{1}{2}$ lemon. Fill a glass $\frac{1}{4}$ full of crushed ice, pour in first mixture, add second mixture, mix carefully and serve — Alice Bradley, Cambridge, Mass.

Scrambled Eggs with Tomato and Ham.—Cook together $1\frac{1}{2}$ cups strained tomato, $\frac{1}{4}$ cup soft bread crumbs and 2 tablespoons butter 3 minutes; drop 4 eggs one at a time into the tomato, stir constantly and when it thickens add $\frac{1}{2}$ cup chopped boiled ham. Season with Slade's Paprika and add salt if needed. Serve on hot Baking Powder biscuit not more than $\frac{1}{2}$ inch thick when baked.—Mrs. Mary L. Wade, Atlantic, Mass.

VEGETABLES.

The important points in the cooking of vegetables are simple; they first should be clean and free from indigestible portions; second they should be thoroughly cooked but not over-done; and lastly they should be seasoned suitably, developing rather than disguising the respective flavors.

The methods are similar, for nearly all varieties; therefore, general principles are given rather than specific recipes.

All vegetables should be washed or scrubbed; then pared, peeled, scraped, shelled, husked, or trimmed as needed. Beets, potatoes, sprouts, okra and many of the summer vegetables are usually cooked whole, but string beans, carrots, parsnips, turnips, onions, squash, and salsify will cook more quickly if slivered, sliced, diced or quartered.

Cook in boiling salted water, enough to cover; use less water and but little salt for peas and such as are to be served moist; but replenish the water frequently for shell beans, large string beans, and others which require long cooking, letting it reduce at the last to merely enough for serving. The time for cooking will vary with the freshness and texture, but generally it takes five minutes for sweet corn, twenty to thirty minutes for most fresh summer vegetables, one hour some winter vegetables and several hours for dried vegetables.

When done, drain and mash turnip, parsnip and squash, and season with butter, salt and Slade's Pepper. To mashed potato and sliced onions add milk, or cream to moisten.

Drain asparagus, quartered cucumbers and leeks, and serve on toast; season with butter, salt and Slade's Pepper, or serve in white sauce.

Serve peas, shell beans and summer carrots in their reduced liquor and season with salt, pepper, sugar and butter or cream.

Chop or cut spinach, cabbage, greens, beets and carrots, and add lemon juice, or vinegar, to the usual seasoning of butter, salt, and pepper.

Serve cauliflower, diced turnip, carrot or parsnip in white sauce; but do not overdo the white sauce serving, for one tires of it if served too frequently.

A bit of Slade's Nutmeg cooked with slivered string beans, a little sweet green pepper cooked in the white sauce for vegetables, a bit of Slade's Soda to sweeten stewed tomatoes and to soften cabbage while boiling, a slice of cheese laid between the halves of a hot baked potato for five minutes before serving, and a mixture of sugar, Slade's Cinnamon and butter for baked sliced sweet potatoes are suggestions worth remembering.—Mary J. Lincoln, Boston, Mass.

Beets in Sauce.—

2 tablespoons butter	2 tablespoons vinegar
2 tablespoons flour	½ teaspoon salt
1 cup water or	¼ teaspoon Slade's Pep-
1 cup beet water	per
3 tablespoonfuls sugar	6 cups beets

Melt butter, add flour, stir till smooth, add water and cook till thickened, stirring constantly, then add sugar, vinegar, salt and Slade's Pepper. Cook beets until tender, cut in half-inch cubes. Reheat in the sauce.—Frances Lowe Smith, Instructor, School Domestic Science, Boston, Mass.

Tomato Sauce Relish.—

1 peck ripe tomatoes	2 teaspoons Slade's
2 cups chopped celery	Cloves
2 cups chopped onions	2 teaspoons Slade's
4 red peppers chopped	Cinnamon
3 cups sugar	2 teaspoons Slade's
1 cup salt	Pepper
2 teaspoons Slade's	½ cup celery seed
Ground Mace	3 pints vinegar.

Chop the tomatoes fine, drain and throw away the juice. Mix the ingredients thoroughly and put without cooking into covered stone jars.—Frances Lowe Smith, Instructor, School of Domestic Science, Boston.

Potato Timbaleen Surprise.—

2 cups mashed potato	1 egg
½ teaspoon salt	¾ cup cold meat, ham or
Spk. Slade's Pepper	lamb
2 tablespoons butter	½ cup thick white sauce.
½ cup milk	

Season mashed potato with salt, Slade's Pepper and butter, add milk slowly and beat thoroughly; add beaten egg. The mixture should be firm enough to hold in shape. Have ready eight timbale molds, buttered and sprinkled with dried crumbs. Fill with potato mixture, take out the centre, leaving a narrow wall. Fill centres with meat mixed with white sauce, cover with potato, set in oven on baking tin 10 minutes. Turn on serving dish. Serve with tomato sauce.

Thick White Sauce.—

2½ teaspoons butter	½ teaspoon Slade's
⅓ cup bread flour	Pepper
¼ teaspoon salt	1 cup milk

Melt butter in top double boiler, add flour, salt and Slade's Pepper; stir until smooth. Add milk slowly. Cook till thickens. Beat until smooth.—Edna Burso, Worcester, Mass.

Squash Puff.—

2 cups sifted squash	1 tablespoon butter
⅓ cup rich milk or thin cream	Slade's Pepper and salt to taste
1 egg	

Add the milk, butter, salt and pepper to the squash. Beat the egg until light and beat it into the squash. Place on a buttered baking dish and brown in the oven. Serve at once.—M. C. Jones, Cambridge, Mass.

Spanish Rice.—

1 cup rice	¼ green pepper, seeded
4 quarts boiling water	½ red pepper, seeded
¼ lb. fat salt pork	1 cup tomato sauce
½ small onion	

Wash rice, rubbing between hands in plenty of cold water until the water is no longer starchy. Parboil for 10 minutes in the boiling water, adding the grains a few at a time so as not to stop the boiling, drain. Chop the pork, place in a frying pan in oven until the fat is drawn out. Chop onion and peppers and fry to a delicate brown in the fat. Place all the ingredients in the top of the double boiler; add the tomato sauce and cook until the rice is tender.

Tomato Sauce for Spanish Rice.—

2 tablespoons butter	½ cup stock
2 tablespoons flour	Salt and Slade's Pepper
½ cup tomato puree	

Melt the butter, add flour, and cook until smooth directly over fire, add stock, tomato and seasonings. Stir and cook over fire until perfectly smooth, then pour over rice.—Mary Macdermaid, Instructor, School of Domestic Science, Boston, Mass.

SALADS AND SALAD DRESSINGS.

“Keep as near as ever you can to the first sources of supply—fruits and vegetables.”

Salads may be prepared of all kinds of poultry, game, meat, fish, oysters, lobsters, eggs, as well as of all kinds of greens, of which, changing with the season, the choice must be left to the judgment, fancy and discretion of the mistress of the house:

The same thing is true of the dressings to be used on salads—the judgment of the housewife must be exercised to suit the taste of her own household; some like a sharp, acid flavoring, some want dressing with oil, others without oil; for most palates nothing will be found more pleasing than Slade's Salad Cream, which can be purchased at the grocer's all ready for use; the dressing is prepared from the purest, freshest and most wholesome ingredients and is free from all preservatives and unhealthful substances.

French dressing is used for green vegetables, for fruits and nuts, and to marinate cooked vegetables, or fish or meat for salads. To marinate means to mix thoroughly with the ingredients of the salad and allowing the dressing to remain until the ingredients are thoroughly seasoned with it; the salad should then be carefully drained so that the salad cream or mayonnaise may not be diluted with the liquid.

Slade's Salad Cream or dressing is used for meat, fish, and some varieties of fruit and vegetables; sometimes alone and sometimes after some of the salad ingredients have been seasoned with French dressing.

The green vegetables should be fresh, crisp and cold. Salad should be made just before it is needed, for it loses its freshness quickly.

Cherry Salad.—

1 pint fresh cherries	½ lb. filberts
½ pint Maraschino cherries	½ lb. candied cherries

— Blanch the filberts and put into the fresh cherries after taking out the stones. Mix all together with the following dressing. Serve in glasses with fancy crackers as a dessert.

Fruit Salad Dressing.—

Juice of two oranges	1 cup cream
Juice of two lemons	½ cup sugar
2 eggs	

Beat the juice of fruit with eggs; add sugar and boil till clear. Whip the cream and stir thoroughly into the mixture after it has cooled. Set away to become thoroughly chilled.—M. A. Davis, Worcester, Mass.

Halibut Salad.—Steam a slice of halibut, first well rubbed over with salt, until the flesh easily separates from the bone; remove skin and bone and with a fork separate it into flakes into attractive pieces, not mincing it too fine to have a leftover appearance, add a seasoning of salt, and French Dressing to which has been added a few gratings of raw onion. When ready to serve pour off what French

Physicians, Chemists, Cooks and Housekeepers all testify to the purity, wholesomeness and efficient qualities of Slade's Baking Powder.

Dressing has not been absorbed and arrange in a salad dish with alternate layers of fish, cold boiled peas, cucumbers cut in cubes and sprinkled with salt and Slade's Salad Cream. Garnish with heart leaves of lettuce and serve with any kind of sweet pickle or with spiced gooseberry.—Katherine Parsons, Lynn, Mass.

French Dressing.—

$\frac{1}{4}$ teaspoonful salt	2 tablespoonfuls vinegar
$\frac{1}{4}$ teaspoonful Slade's Pepper	Slade's Extract of Onion to taste
4 tablespoonfuls olive oil	

Mix all together.—Katherine Parsons, Lynn, Mass.

Slade's Salad Cream will be found to be even better than home-made. It is made of pure and wholesome ingredients and will be found so pleasing to the taste that once tasted you will want Slade's thereafter.

Green Pea Salad.—

1 quart green peas	2 cucumbers cut in
1 cup walnut meat cut in small pieces	cubes

Mix peas, walnut meat and four tablespoons of Slade's Salad Cream together very thoroughly. Serve on lettuce, cover with Slade's Salad Cream and garnish with cucumber cubes.—Miss Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Mock Lobster Salad.—

2 cups cold boiled halibut	4 hard boiled eggs,
1 cup chopped radishes	chopped fine
	Slade's Salad Cream

Mix the halibut, radishes and eggs thoroughly, then add enough of Slade's Salad Cream to moisten, arrange on lettuce, cover with Slade's Salad Cream and garnish with radish roses.—Miss Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Pear and Nut Salad.—Beat the white of one egg slightly, add $\frac{1}{4}$ tablespoon of lemon juice and $\frac{1}{4}$ tablespoon water. Drain carefully canned pears. Take each one and dip into the white of egg, then roll in English walnut meats chopped fine. Serve on lettuce leaves with Slade's Salad Cream. This is also good made with ripe uncooked Bartlett pears.—Mrs. Mary L. Wade, Atlantic, Mass.

The scientific proportions, the exactness and skill used in the preparation of Slade's Salad Cream, ensures to consumers a better and more uniform salad dressing than they could make at home.

It is worth much to know that your spices are pure — it costs only the effort of getting Slade's.

Potato Salad.—

2 cups boiled potatoes cut in $\frac{1}{8}$ inch cubes	$\frac{1}{4}$ cup celery cut fine 1 small onion chopped
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Marinate with Slade's Salad Cream. Arrange on crisp lettuce leaves and sprinkle with chopped meats.—Myrtle Ethelyn Robinson, Twentieth Century Cooking School.

Poinsettia Salad.—Peel small tomatoes and cut in eighths lengthwise, but do not separate the sections at one end. Open like flowers on a bed of lettuce. In the centre of each, pile a teaspoonful of cream cheese that has been forced through a coarse strainer.

Serve with Slade's Salad Cream or with French dressing to which has been added 1 teaspoon each of finely chopped green pepper, parsley and chives.—Alice Bradley, Cambridge, Mass.

Spanish Salad.—Cut cream cheese in half-inch cubes; cut four canned Spanish pimentos in half-inch squares; mix the pieces of cheese and pimentos together lightly and dispose on a bed of heart leaves of lettuce, nicely washed and dried. Beat half a cup of double cream until firm throughout; add one-fourth a teaspoonful of salt and half a cup of Slade's Salad Cream. Pour the cream mixture over the cheese and pimentos and decorate with figures cut from a pimento.—Mrs. Janet M. Hill, Boston.

CHAFING DISH RECIPES.

Chicken Wiggles.—

$\frac{1}{2}$ cup cream	$\frac{1}{2}$ cup celery
1 cup milk	$\frac{1}{2}$ cup walnut meats
1 tablespoon butter	$\frac{1}{2}$ can peas
2 egg yolks	1 teaspoon salt
1 cup chicken (salmon or lobster)	

Scald the cream and milk in blazer over hot water, add egg yolks well beaten, butter and salt. Cook until it thickens, add chicken, cut in cubes, peas, which have been washed, drained, and celery cut in half-inch pieces. Cook until heated through and add nut meats. Serve hot on toast triangles.—Edna Burso, Worcester, Mass.

Welsh Rarebit.—

1 cup scalded milk	1 teaspoon flour
$\frac{1}{4}$ cup grated cheese	1 teaspoon butter
$\frac{1}{2}$ teaspoon salt	Dash Slade's Cayenne
$\frac{1}{4}$ teaspoon Slade's Mustard	1 egg well beaten

Scald the milk in a double boiler. Beat egg till light—add cheese, salt and mustard, flour and cayenne. Pour on scalded milk, return to the double boiler, cook until it

A simple shake flavors the cake, when you use Slade's Powdered Nutmeg in those sifting-top tins.

thickens, add butter. Serve hot on toast points or on zephyrettes.—Edna Burso, Worcester, Mass.

Welsh Rarebit.—

1 tablespoon butter	½ teaspoon Slade's Mustard
2 teaspoons flour	
½ cup cream or milk	½ teaspoon Worcestershire Sauce
¼ teaspoon salt	
Few grains Slade's Cayenne	3 cups grated cheese

Melt the butter in a double boiler, add flour mixed with salt, mustard and cayenne, stir until smooth, then cream or milk. Cook eight to ten minutes, add cheese, stir until melted, then Worcestershire Sauce. Serve on crackers.—Mary E. Ditson, Allston, Mass.

Slade's Mustard will be found to be specially pleasing to the palate.

FISH.

Baked Halibut.—Buy a thick slice of halibut, about 2 pounds. Wash it and lay it in a dripping pan on strips of salt pork and onion. Season with salt and Slade's Pepper and grate over it one small onion and the juice of half a lemon. Then cover with buttered bread crumbs and bake about one hour.

It is especially good when served with Hollandaise sauce.—Miss Alice M. Williams, Lynn, Mass.

Deviled Scallops.—Pour boiling water over one pint of scallops and let them stand three minutes, drain and cut into quarters. Melt two tablespoons butter, add three tablespoons flour, ½ teaspoon salt and a generous seasoning of Slade's Cayenne. Blend with the butter until smooth; add one tablespoon of lemon juice, ¾ cup thin cream and stir until it boils, boil three minutes. Remove from the fire and add the yolks of two eggs, beaten smooth and the scallops. Put into buttered shells or ramekins, cover with buttered crumbs and bake until brown.—Mrs. Mary L. Wade, Atlantic, Mass.

Fillets of Halibut, a la Slade.—Wipe two slices halibut, each weighing one pound, and cut in eight fillets. Roll each fillet separately, and fasten with a small wooden skewer. Arrange six thin slices fat salt pork (two and one-half inches square) in a pan, cover with one small onion thinly sliced and add a bit of bay leaf. Cream three tablespoons butter and add three tablespoons flour. Put fillets in pan, mask with cream butter, sprinkle with buttered cracker crumbs and arrange three parallel strips of fat salt pork on each. Cover with buttered paper for the first eight minutes of the baking; then remove the paper to brown crumbs and pork. Remove to a hot platter and pour around the following sauce:

Imitations are never as good as the genuine. Slade's Flavoring Extracts are genuine fruit flavors.

Drain off fat remaining in pan and strain; there should be three tablespoons. Add three tablespoons flour and stir until well blended, then pour on gradually, while stirring constantly one and one-half cups rich milk or thin cream. Bring to the boiling point, season with salt and Slade's Pepper and just before serving add one tablespoon butter, bit by bit.—Fannie Merritt Farmer, Boston, Mass.

Fish With Green Peppers.—

1 ¼ cups cold cooked fish	½ slice onion, or flavor to
1 cup white sauce	taste with Slade's Ex-
½ small green pepper	tract Onion
	Salt and Slade's Pepper

Cut a slice from stem end of pepper, remove every seed and parboil peppers fifteen minutes. Make a white sauce with 1 cup milk, 2 tablespoonfuls butter, 2 tablespoonfuls flour, bit of bay leaf, sprig of parsley, salt and Slade's Pepper to taste, scalding the milk with the parsley and bay leaf, cook the onion finely chopped in the butter 3 minutes, or flavor with Slade's Onion Extract to taste; add the flour when well mingled, the milk, salt, and Slade's Pepper, when thickened and smooth add the fish broken into flakes and the green peppers cut into narrow strips; heat thoroughly, and serve with brown bread sandwiches.

This is easily prepared in the chafing dish, having the green peppers previously cooked.—Katherine Parsons, Lynn, Mass.

Much of the so-called Onion Extract is made artificially from chemical ethers; Slade's is the true extract of Onions.

Scalloped Fish.—

2 cups cold fish; cod,	3 tablespoons butter
haddock or halibut	3 tablespoons flour
1 ½ cups milk	½ teaspoon salt
1 slice onion	½ teaspoon Slade's Pep-
Blade of Mace	per
Bit of Bay Leaf	½ cup buttered crumbs

Scald the milk with onion, mace and bay leaf. Remove seasonings. Melt the butter, add flour, salt and pepper, then gradually the milk. Boil three minutes. Put one-half the fish in a buttered baking dish, sprinkle with salt and pepper and pour over one-half the sauce. Repeat, cover with buttered crumbs and bake until the crumbs are brown in a hot oven.—M. E. Ditson, Allston, Mass.

Scalloped Scallops.—Wash and pick over one pint scallops. Mix one cup cracker crumbs and one-half cup soft bread crumbs and add one-half cup melted butter. Put a layer of crumbs in a buttered baking dish, cover with a layer of scallops, season with salt and Slade's Pepper and add

It is your money you are spending. Why not insist upon having Slade's Extracts?

three tablespoons cream. Repeat, cover with remaining crumbs and bake twenty-five minutes in a moderate oven.—Fannie Merritt Farmer, Boston, Mass.

There is a great difference in flavor between Slade's Pepper and the common pepper frequently sold.

Savory Finnin Haddie.—Soak Finnin Haddie in milk to cover one hour. Bake thirty minutes and separate into flakes; there should be two cups. Cook one-half tablespoon finely chopped onion and three and one-half tablespoons finely chopped green peppers in one-fourth cup butter five minutes, stirring constantly. Add one teaspoon salt, one-half teaspoon Slade's Paprika and a few grains Slade's Pepper and cook three minutes; then add four tablespoons flour and stir until well blended. Pour on gradually; while stirring constantly one cup each milk and cream. Bring to the boiling point and add Finnin Haddie. Turn into a buttered dish, cover with buttered crumbs and bake until the crumbs are brown.—Fannie Merritt Farmer, Boston, Mass.

Tartar Sauce for Fried Clams, Scallops and all kinds of Fish.—Mix some finely chopped pickles or olives or a mixture of both with Slade's Salad Cream. Another combination preferred by some is finely chopped pickles, capers and parsley.

CAKES AND PIES.

The secret of success in cake making consists in using the best materials and having everything ready so that there may be no delays in the process of mixing and baking. The fire should be in the right condition so that it will not be necessary to cool the oven by adding fresh coal while the cake is baking. The pans should be buttered or lined with butter or oiled paper. The measuring cups, spoons, egg beater, etc., and all ingredients, should be all ready to use.

Always sift the flour before measuring and mix the flour, baking powder and all dry ingredients thoroughly together before adding the liquids; several siftings are essential to ensure thorough mixing of the ingredients and to assist in achieving the best results.

In making cake, have the butter where it will grow soft but not melt; cream the butter, and add the sugar gradually; beat the eggs very light and add to the butter and sugar, then mix in the flour, in which the baking powder, spices and salt have been sifted, and milk alternately.

Always use the Slade's Baking Powder and Slade's Spices, for these are absolutely pure and extra strong; one great cause of failure in cake making is found in the varying strength of different baking powders and spices. If you always use the Slade's Baking Powder and Slade's Spices, Cream Tartar, Baking Soda, etc., you can be sure of uni-

Tell your neighbor about the superiority of Slade's Flavoring Extracts, that they may enjoy luxurious living.

formly good results and avoid all dangers attending the use of adulterated goods so often forced upon consumers by unprincipled manufacturers and dealers. Alum baking powder and bulk cream tartar containing terra alba are specially to be avoided as dangerous to health. The only protection you can have against adulteration and fraud is to insist upon having the brand of goods you know to be pure and good; Slade's are always reliable. Do not accept any other brand said to be the same thing under another brand—such are fraudulent—Slade puts up no other brands.

In all recipes calling for Baking Powder the modern cooking School method is to use two level teaspoons of Slade's Baking Powder to a cup instead of the old way of two heaping teaspoons to a quart of flour.

Never slam the oven door when baking, but open and close softly.

Angel Cakelets.—

$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ teaspoon Slade's Cream Tartar
$\frac{1}{2}$ cup pastry flour	
Whites of three eggs	1 teaspoon Slade's Orange Extract

Sift the dry ingredients together and gradually mix into the stiffly beaten whites. Add flavoring and drop with a teaspoon upon a pan covered with buttered paper. Bake in a moderate oven 10 to 15 minutes.

This quantity should make two dozen.—Mary E. Ditson, Allston, Mass.

Angel Cake.—

Whites of eight eggs	1 cup flour
$\frac{1}{2}$ teaspoon Slade's Cream Tartar	Pinch of salt
$1\frac{1}{4}$ cups of granulated sugar	$\frac{3}{4}$ teaspoon of Slade's Vanilla

Sift the flour four times before measuring. Add salt to eggs, then whip till frothy. Add cream of tartar and continue beating until eggs are stiff and dry, then add sugar gradually.

Add flavoring and lastly fold the flour lightly and thoroughly through the mixture. Bake 45 minutes in a moderate oven in an unbuttered angel cake pan.—Anna A. Murphy, Teacher of Cookery in Worcester, Mass., and teacher in the Public Schools of Newark, N. J., during the summer.

Angel Cake.—Whites of eight eggs, one cup of sugar, one-half cup Slade's Potato Flour, one-fourth teaspoon of Slade's Cream of Tartar, salt and flavoring. Beat the eggs stiff, then add gradually the sifted sugar, flour, cream of tartar and salt. Flavor and bake in an ungreased angel cake tin for one hour; do not open the oven door for twenty minutes after the cake is in.

**The selection, cleaning and powdering of spices is an art
Over sixty years' experience is back of Slade's Spices.**

Apple Sauce Cake.—

1 cup sugar	1 teaspoon Slade's Cin- namon
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon Slade's Cloves
1 cup unsweetened apple sauce	$\frac{1}{4}$ teaspoon Slade's Nut- meg
1 teaspoon Slade's Soda	$\frac{1}{2}$ teaspoon Slade's Allspice
1 $\frac{1}{2}$ cups flour	
1 speck salt	
1 cup raisins, seeded, chopped and floured	

Cream the butter and add one-half of the sugar; add the remainder of the sugar to the apple sauce and then add that to the first mixture. Sift the dry ingredients and add them; stir in the prepared raisins last. Bake $\frac{3}{4}$ of an hour in a moderate oven. Frost when cool.

Frosting.—

1 cup sugar	1 stiffly beaten white of egg
$\frac{1}{2}$ cup water	1 teaspoon Slade's Vanilla Tartar
Speck of Slade's Cream Tartar	

Mix the sugar, water and cream tartar; beat slowly, stir until it forms a thread when dropped from the spoon. Pour slowly over the beaten white of egg, beating as you pour, flavor and beat until thick enough to spread.—L. C. Smith, Brookline, Mass.

When people learn the superiority of Slade's flavoring extracts they will refuse to accept other kinds.

Callas.—Three eggs, one cup sugar, one cup flour, three tablespoons water, two teaspoons Slade's Baking Powder, a little salt, and any flavor liked. These need a quick oven. One tablespoon in a saucer. When done, turn on a napkin, and press in the form of a calla lily. Fill with whipped cream slightly sweetened and flavored.—Mrs. J. M. Hill, Boston, Mass.

Caramel Cake, Filling and Frosting.—

Cake.—Cream 4 tablespoons (level) of butter, add $\frac{3}{4}$ cup sugar, 1 large, well beaten egg, $\frac{1}{2}$ cup milk, 1 $\frac{1}{2}$ cups flour, 1 teaspoon Slade's Cream Tartar, $\frac{1}{2}$ teaspoon Slade's Soda (or 2 $\frac{1}{2}$ teaspoons Slade's Baking Powder in place of Cream Tartar and Soda). Bake in quick oven in two Washington pie tins.

Filling.—Caramelize $\frac{1}{2}$ cup sugar in small omelet pan, add to 1 $\frac{1}{2}$ cups scalded milk. When the sugar is dissolved, add $\frac{1}{2}$ cup sugar, mixed with $\frac{1}{2}$ cup flour and cook 20 minutes in double boiler. Add beaten yolk of egg, cook two minutes, when cool flavor with $\frac{1}{2}$ teaspoon Slade's Vanilla. Spread between cakes.

Frosting.—Caramelize $\frac{1}{2}$ cup sugar in small omelet pan, add 1 cup granulated sugar, $\frac{1}{2}$ cup water and boil until

Indifference and carelessness place a premium upon fraud. Be careful to get Slade's Spices and Specialties.

syrup will thread long threads when dropped from tip of spoon. Pour syrup slowly onto the beaten white of egg, beat with egg beater until mixed, then beat with spoon until stiff enough to hold its shape. Spread on cake.—I. R. Jarvis (Miss Farmer's School Cookery), Boston, Mass.

• **Cocoanut Fruit Cake.**—Cream one-half cup butter; add gradually one cup sugar, then the beaten yolks of three eggs and, alternately, one-fourth cup milk and one cup and a half of flour, sifted with one-half teaspoon Slade's soda and two level teaspoons Slade's Cream of Tartar. Flavor with one teaspoon of Slade's Lemon Extract or a grating of lemon rind; beat in half a grated cocoanut and one-half cup of sliced citron, and lastly, the whites of two eggs beaten dry. Bake in a tube pan about forty minutes. Ice with a boiled frosting flavored with lemon—peel and juice, or extract—adding, also, the rest of the cocoanut, grated.—Mrs. J. M. Hill.

Cocoa Sponge Cake.—

3 eggs	$\frac{1}{4}$ cup cocoa
$1\frac{1}{2}$ cups sugar	2 teaspoons Slade's Baking Powder
$\frac{1}{2}$ cup cold water	1 teaspoon Slade's Cinnamon
1 teaspoon Slade's Vanilla	
$1\frac{1}{2}$ cups flour	

Beat yolks of eggs light, add water, vanilla and sugar; beat again thoroughly; then add the flour, with which the baking powder, cocoa and cinnamon have been sifted. Fold in the stiffly beaten whites of the eggs. Bake in a rather quick oven twenty-five or thirty minutes.—Myrtie Ethelyn Robinson, Twentieth Century Cooking School.

Cocoa Doughnuts.—One egg, one-half cup sugar, one-half cup milk, one-quarter teaspoonful salt, one-quarter teaspoon Slade's Cinnamon, two cups flour, one-quarter cup Baker's Breakfast Cocoa, two teaspoonfuls Slade's Baking Powder. Mix in the order given, sifting the baking powder and cocoa with the flour. Roll to one-third inch in thickness, cut and fry.—Myrtie Ethelyn Robinson, Twentieth Century Cooking School.

Chocolate Cake.—One cup sugar, $\frac{1}{2}$ cup sweet milk, one tablespoon butter (melted), one teaspoonful Slade's Vanilla, $1\frac{1}{2}$ cups flour. Cook over the fire two squares of chocolate and $\frac{1}{2}$ cup milk and yolk of one egg until thick. Mix with the other mixture, and add a level teaspoonful of Slade's Soda dissolved in one tablespoonful of hot water.—Alice M. Williams, Lynn, Mass.

Chocolate Pie.—Line a pie plate with paste, prick it in several places, and bake a delicate brown. Scald 1 cup

Don't blame the grocer—you are responsible if you accept poor stuff in place of Slade's Spices.

of milk. Mix together $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup flour, 1 tablespoon cold milk and yolks of 2 eggs. Add to this the hot milk, cook over water 10 minutes, stirring constantly until it thickens; add 1 tablespoon butter and $1\frac{1}{2}$ squares chocolate melted. Pour this mixture into the cooked pastry and cover with a meringue made of the whites of 2 eggs and 4 tablespoons pulverized sugar flavored with $\frac{1}{2}$ teaspoon Slade's Vanilla. Bake 10 to 15 minutes in a moderately hot oven.—Mrs. Mary L. Wade, Atlantic, Mass.

Coffee Spice Cake.—

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon Slade's
$\frac{1}{2}$ cup sugar	Cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon Slade's
$\frac{1}{2}$ cup cold coffee	Cloves
1 egg	$\frac{1}{2}$ teaspoon Slade's
2 cups flour	Allspice
$\frac{1}{2}$ teaspoon Slade's Soda	$\frac{1}{2}$ cup currants

Cream the butter, add gradually the sugar, then the egg well beaten and molasses. Sift the flour with the spices and the soda. Add to the mixture alternating with the coffee. Bake in a long cake pan.—Isabelle Osborne, Instructor, School of Domestic Science, Boston, Mass.

Corn Starch Cake.—

Whites of three eggs	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup corn starch	$\frac{1}{2}$ cup milk
1 cup sugar	1 cup flour
$1\frac{1}{2}$ teaspoons Slade's	
Baking Powder	

Mix and sift the flour, corn starch and baking powder. Cream the butter and sugar, add the milk, then dry ingredients and lastly the stiffly beaten whites. Frost with a chocolate nut frosting, as follows:

Chocolate Nut Frosting.—

1 square chocolate	$\frac{1}{2}$ cup nuts
2 tablespoons boiling	1 cup sugar
water	White one egg
$\frac{1}{2}$ teaspoon Slade's	
Extract Vanilla	

Put chocolate, water and 2 tablespoons of sugar into a saucepan and boil until smooth.

Beat the white of the egg and rest of sugar together; add to chocolate mixture and boil till thick. Take from fire and add Vanilla and the $\frac{1}{2}$ cup chopped nuts.—M. A. Davis, Worcester, Mass.

Dutch Apple Cake.—Sift together two cups flour, one-half teaspoon salt, one-half teaspoon sifted Slade's Soda, and two level teaspoons Slade's Cream of Tartar; with

People will be humbugged until they learn to ask for Slade's Spices and Extracts.

the tips of the fingers work in one-fourth cup butter; beat an egg, add a cup of milk, and stir into the dry ingredients; turn into a buttered pan, spread evenly and press into the top of the dough apples pared and quartered. Sift three tablespoons sugar and one of Slade's cinnamon over the top. Bake and serve with butter, a hard sauce or a hot pudding sauce. Peaches may be used in the place of apples, and three level teaspoons Slade's Baking Powder in place of soda and cream of tartar.—Mrs. J. M. Hill, Boston, Mass.

Fruit Cake.—

$\frac{1}{3}$ cup butter	2 eggs
$\frac{1}{4}$ cup sugar	2 cups flour
$\frac{1}{2}$ cup molasses	1 teaspoon Slade's Soda
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup raisins, stoned and cut in pieces
$\frac{1}{2}$ teaspoon Slade's Cinnamon	$\frac{1}{2}$ cup chopped figs
$\frac{1}{2}$ teaspoon Slade's Allspice	$\frac{1}{2}$ cup currants
$\frac{1}{2}$ teaspoon Slade's Mace	$\frac{1}{2}$ cup citron cut in strips
$\frac{1}{2}$ teaspoon Slade's Cloves	Grated rind and juice of one lemon

Cream the butter, add the sugar gradually, then the molasses, eggs well beaten and the fruit. Mix thoroughly, then add the milk. Sift together twice flour, soda and spices and add to the mixture. Bake in a cake pan in a slow oven one and one-half hours.—Anna A. Murphy, Teacher of Cookery in Worcester; also Teacher in Summer Schools of Cookery at Newark, N. J.

Fruit Cake.—

2 cups butter	1 teaspoon Slade's Mace
2 cups sugar	1 teaspoon Slade's Cloves (scant)
5 eggs	$\frac{1}{2}$ teaspoon Slade's Nutmeg
2 cups molasses	2 cups Sultana raisins
2 $\frac{1}{2}$ cups sweet milk	2 cups currants
6 cups flour	2 cups citron
1 teaspoon Slade's Soda	2 cups chopped dates
2 teaspoons Slade's Cream Tartar	
1 teaspoon Slade's Cinnamon	

Put together like an ordinary cake mixture. Steam four hours in a brick loaf bread pan. This quantity will make three loaves.—Mary Macdermaid, Instructor, School of Domestic Science, Boston, Mass.

In place of Cream Tartar and Soda you can use three teaspoons Slade's Baking Powder.

Don't complain—throw away the poor stuff, and ever after get Slade's, which you know to be pure and good.

Gingerbread.—

2 cups flour	$\frac{1}{4}$ cup melted butter, or
$\frac{1}{4}$ teaspoon Slade's Ginger	$\frac{1}{4}$ cup chicken fat and
$\frac{1}{4}$ teaspoon Slade's Cinnamon	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon Slade's Soda
	$\frac{1}{2}$ cup molasses
	$\frac{1}{2}$ cup water

Mix and sift dry ingredients. Add molasses and water slowly beating constantly till smooth. Add shortening and beat well. Pour into a well-greased small shallow pan and bake in a moderate oven about 25 minutes.—Anna A. Murphy, Teacher of Cookery in Worcester, Mass., and in the Summer Schools of Newark, N. J.

Ginger Puffs.—Beat one egg, and $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup molasses, 4 tablespoons butter and $\frac{1}{4}$ cup warm water. Add 2 cups flour mixed and sifted with one teaspoon each of Slade's Cinnamon, Ginger and Soda and $\frac{1}{4}$ teaspoon salt.

Combine mixtures and bake in small buttered pans.—I. R. Jarvis.

Lemon Pie Filling.—Line two small pie plates with plain paste and fill with the following mixture:

Yolks 3 eggs	$\frac{1}{2}$ cup milk
1 cup sugar	5 teaspoons pounded and
Speck salt	sifted cracker crumbs
Juice and rind of one lemon	

Beat egg yolks until light, add juice and rind of one lemon, sugar and salt. When thoroughly blended, combine with cracker crumbs which have been added to cold milk. Bake without an upper crust until the filling is thick and the pastry thoroughly cooked. Cover with the beaten whites of three eggs combined with three tablespoons of sugar and bake in a very moderate oven until the meringue is brown.

The pounded cracker crumbs which are used for thickening in place of cornstarch make this lemon filling very delicate.—Jean Kenrick, Newton, Mass.

Hamlets.—

Scant $\frac{3}{4}$ cup butter	1 cup raisins, chopped
1 $\frac{1}{2}$ cups sugar	2 teaspoons Slade's Cinnamon
2 eggs	Flour to roll
2 tablespoonfuls sour milk	
1 teaspoon Slade's Soda	

Cream the butter, add the sugar gradually, then the eggs beaten light and the cinnamon, then the sour milk and raisins. Sift the soda with one cup of flour and add

A little of Slade's Spice is better than a great quantity of poor stuff.

that and enough more flour to make them stiff enough to roll.

Sweet milk may be used. Keep the dough as soft as you can possibly roll it.—Alice M. Williams, Lynn, Mass.

Maple Walnut Cream Cake.—

$\frac{1}{2}$ cup butter	1 teaspoon Slade's Vanilla
$\frac{3}{4}$ cup sugar	1 $\frac{1}{2}$ cups flour
Whites of two eggs	2 $\frac{1}{2}$ teaspoons Slade's
$\frac{1}{2}$ cup milk	Baking Powder

Cream the butter and sugar and add milk, Vanilla and flour mixed and sifted with the baking powder, mix and beat thoroughly. Fold in whites beaten stiff. Bake in round shallow pans lined with paper and buttered. When cold trim, fill with maple frosting, sprinkle over $\frac{1}{2}$ cup walnut meats cut in small pieces. Cover the top and sides with frosting.

Maple Frosting.—

1 cup Maple Syrup	Whites of two eggs, beaten stiff
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Boil syrup until it threads, pour slowly into the eggs, beating constantly until thick enough to spread.—Miss Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Molasses Drop Cakes.—

1 cup molasses	$\frac{1}{2}$ teaspoonful Slade's
$\frac{1}{4}$ cup shortening, melted	Ginger
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoonful Slade's
1 $\frac{1}{2}$ cups bread flour	Cloves
1 teaspoonful Slade's Soda	$\frac{1}{4}$ teaspoonful Slade's
	Cinnamon

Mix the molasses and shortening, add milk and flour, mixed and sifted with the soda and spices. Beat until smooth. Bake in gem pans.—Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Molasses Doughnuts.—

2 eggs	$\frac{1}{4}$ teaspoonful Slade's
$\frac{1}{2}$ cup sugar	Ginger
1 cup molasses	1 teaspoon Slade's
1 cup thick sour milk	Cinnamon
$\frac{1}{4}$ teaspoonful salt	2 teaspoons Slade's Soda
	1 cup flour

Beat the eggs until very light, add sugar, molasses, sour milk and flour mixed and sifted with spices, salt and soda. Add enough more flour to make a soft dough.

Roll on floured board, shape and fry in hot fat.—Bertha M. Babb, Walker Manual Training School, Portland, Me.

Slade's Spices and Specialties are all pure, always pure and pure in all ways.

Nut Layer Cake.—Cream one-half cup butter. Add gradually one and one-half cups sugar, then one-half cup milk, one teaspoon Slade's Vanilla, two and one-fourth cups flour, sifted with one-fourth teaspoon Slade's Soda and three-fourths teaspoon Slade's Cream of Tartar. Lastly, fold in the whites of five eggs. Spread in two layer-cake pans. Press halves of English walnuts into the top of one of the layers, to make lengthwise rows of nut meats. Sprinkle the whole with granulated sugar, and bake about twenty minutes. Put the layers together with

Chocolate Nut Frosting.—Boil one cup sugar and half a cup of water until it forms a thread when tried with a spoon. Pour in a fine stream, beating constantly, on to the beaten yolks of two eggs. Then pour this mixture on to a square of melted chocolate, add the chopped meats remaining from a pound of unshelled nuts, and one-half teaspoon Slade's Vanilla, and beat until cold enough to spread.—Mrs. J. M. Hill, Boston.

Oatmeal Drop Cookies.—

$\frac{1}{4}$ cup butter	1 teaspoon Slade's Soda
1 cup light brown sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	$\frac{1}{4}$ teaspoon Slade's Cin-
4 tablespoons milk	namon
2 cups rolled oats	$\frac{1}{4}$ teaspoon Slade's
1 cup raisins	Cloves
1 cup chopped nut meats	$\frac{1}{4}$ teaspoon Slade's
1 cup flour	Nutmeg

Sift dry ingredients together. Cream butter, add sugar, eggs well beaten, milk, flour, fruit and rolled oats. Beat well, drop by spoonfuls one inch apart on a buttered sheet. Bake in a moderate oven.—Frances Lowe Smith, Instructor School of Domestic Science, Boston, Mass.

When the convenience and superior excellence of Slade's Powdered Nutmeg becomes generally known, everybody will want it.

Orange Shortcake.—Cream one-third cup butter; add gradually one cup granulated sugar, then the yolks of ten eggs beaten until light-colored and thick; now add, alternately, one-half cup milk and one and three-fourths cups flour, into which three teaspoons Slade's Baking Powder have been sifted. Bake in two shallow tins lined with buttered paper. Slice eight or ten oranges, sprinkle with sugar, and arrange between the layers and around the cake. Sprinkle the top of the cake with powdered sugar and garnish with sections of orange, from which the membrane has been removed; or instead of the sugar use a

Boiled Frosting.—Boil one cup granulated sugar and one-half cup water until the syrup threads from the end of a

spoon; then pour in a fine stream onto the white of one large or two small eggs, beaten until foamy but not dry; beat until cool, standing in a dish of cold water, then pour upon the cake. Spread evenly at once and decorate as before.—Mrs. J. M. Hill, Boston, Mass.

Orange and Pineapple Shortcake.—

- | | |
|--|-----------------------------|
| 2 cups bread flour | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter | 1 can shredded pineapple |
| 1 cup milk | 4 oranges |
| 4 tablespoons Slade's
Baking Powder | |

Cut the oranges in small pieces, mix with pineapple, sweeten to taste and let it stand an hour.

Sift the flour, salt and baking powder. Cut in the butter with a knife, then add milk. This will fill two round shallow cake tins. Put half the fruit between the layers and the rest on the top.—M. A. Davis, Worcester, Mass.

Slade's Baking Powder has been on the market for over 60 years. If it had not possessed superior merits, it would have been driven from the market a generation ago.

Quick Loaf Cake.—

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|--------------------------------|--|
| 1 cup butter | 2 eggs |
| 2 cups sugar | 3 cups bread flour |
| $1\frac{1}{2}$ cups milk | 2 teaspoons Slade's Bak-
ing Powder |
| 1 cup cooked potato yeast | |
| 1 teaspoon Slade's Nut-
meg | |

Cream the butter, add the sugar gradually, then well beaten eggs, and yeast. Sift the flour, nutmeg and baking powder together and add to cake mixture alternately with the milk. One cup of seeded raisins and $\frac{1}{2}$ cup citron cut fine may be added if desired. Bake in loaves one hour. This makes two loaves.—Isabelle Osborne, Instructor, School of Domestic Science, Boston, Mass.

Raisin Pie.—

- | | |
|-------------------------------------|----------------------------------|
| 1 cup cranberries, cut in
pieces | $\frac{1}{2}$ cup hot water |
| $\frac{1}{2}$ cup raisins chopped | 1 teaspoonful Slade's
Vanilla |
| 1 cup sugar | 1 tablespoonful butter |
| 4 tablespoonfuls flour | |

Mix the sugar and flour, add to the hot water, then add cranberries and raisins.

Cook for a few minutes, remove from fire and add Slade's Vanilla. Line a plate with paste, add the filling, dot over with the butter, cover with strips of paste and bake.—Miss Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Rocks.—Cream $\frac{1}{2}$ cup butter, add $\frac{3}{4}$ cup sugar, 2 well-beaten eggs, $\frac{1}{2}$ teaspoon Slade's Soda dissolved in $\frac{1}{2}$ tablespoon hot water, $1\frac{1}{4}$ cups flour mixed and sifted with $\frac{1}{2}$

Like the mark "sterling" on silver, the name SLADE'S guarantees genuine quality.

teaspoon Slade's Cinnamon, $\frac{1}{4}$ teaspoon Slade's Allspice, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{2}$ teaspoon Slade's Vanilla. Add $\frac{1}{2}$ lb. of dates, stoned and chopped fine, $\frac{1}{4}$ lb. of walnuts cut in large pieces.

Drop from a teaspoon on an inverted buttered dripping pan, one inch apart and bake as cookies.—I. R. Jarvis.

Spice Cake.—

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup raisins
1 cup sugar	1 teaspoon Slade's Cinnamon
2 eggs	$\frac{1}{2}$ teaspoon Slade's Cloves
$\frac{1}{4}$ cup sour milk	$\frac{1}{2}$ teaspoon Slade's Allspice
$\frac{1}{4}$ cup molasses	
$\frac{1}{2}$ teaspoon Slade's Soda	
2 $\frac{1}{4}$ cups pastry flour	
$\frac{1}{2}$ cup currants	

Sift the dry ingredients together. Dust the fruit with a little of the flour. Cream the butter, add sugar, cream again, add eggs well beaten, molasses and sour milk. Add flour gradually, beat well, bake in patty pans in a moderate oven.—Frances Lowe Smith, Instructor, School of Domestic Science, Boston, Mass.

For making all kinds of cake, there is nothing which excels the Slade's Baking Powder. It is absolutely pure, wholesome, and the highest possible strength. Ask your grocer for Slade's Baking Powder.

Spice Cake.—

$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoonful Slade's Cinnamon
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoonful Slade's Allspice
2 eggs	$\frac{1}{4}$ teaspoonful Slade's Cloves
$\frac{1}{4}$ cup molasses	2 $\frac{1}{2}$ teaspoonfuls Slade's Baking Powder
$\frac{1}{2}$ cup milk	
1 teaspoonful Slade's Vanilla	
1 $\frac{1}{2}$ cups flour	
1 tablespoonful cocoa	

Cream the butter and sugar together, add to the well-beaten eggs and beat together until very smooth, add molasses, milk and vanilla and the flour mixed and sifted with the spices, cocoa and baking powder, beat very thoroughly. Bake in a shallow buttered and papered pan about 30 minutes.—Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Spice Cake.—Cream 6 level tablespoons butter, add $\frac{1}{2}$ cup white sugar, add 1 egg well beaten, $\frac{1}{2}$ cup sweet milk in which $\frac{1}{2}$ teaspoon Slade's Soda has been dissolved, 1 $\frac{1}{2}$ cups flour mixed and sifted with $\frac{1}{2}$ teaspoon each of Slade's Cinnamon and Cloves. Bake in a loaf. One-half cup of raisins cut in quarters and $\frac{1}{2}$ cup walnut meats broken in pieces may be added.—I. R. Jarvis.

Slade's Flavoring Extracts are as high grade as money and skill can make them.

Sour Milk Doughnuts.—

- | | |
|---------------------------------|--|
| 1 cup sugar | 1 teaspoon Slade's Baking Powder |
| 2 eggs | |
| 1 cup sour milk | $\frac{1}{4}$ teaspoon Slade's Nutmeg |
| 2 tablespoonfuls butter, melted | $\frac{1}{4}$ teaspoon Slade's Cinnamon (if desired) |
| 1 teaspoon Slade's Soda | 4 cups bread flour. Omit butter if cream is used. |
| 1 teaspoon salt | |

Beat eggs, add sugar, sour milk and butter. Sift together flour, soda, salt, baking powder and spices, add to the egg mixture, turn on to well-floured board, knead slightly, rolling out about $\frac{1}{8}$ of the mixture at a time. Cut into shape with doughnut cutter and fry in deep fat. Drain on brown paper and roll in sugar.—Katherine M. Parsons, Lynn, Mass.

Do not make the mistake of allowing anyone to talk you into using a doubtful baking powder; your health is too valuable to be trifled with. Tell your grocer you must have Slade's Baking Powder, which is known to be absolutely pure and free from all unhealthful ingredients.

Sponge Cake.—One-half cup Slade's Potato Flour, one-half teaspoon Slade's Baking Powder, four eggs, whites and yolks beaten separately, one cup sugar, a little salt. Mix the baking powder, flour and salt thoroughly together. Beat the yolks of the eggs with the sugar, add the flour and baking powder, then the well-beaten whites of the eggs; flavor to suit taste. Bake at once in a quick oven. This makes a delicious sponge cake that is even better the second day than the first.

Squash Pie.—

- | | |
|------------------------------------|--|
| 1 cup stewed and sifted squash | $\frac{1}{2}$ teaspoonful Slade's Ginger |
| 1 pint milk, scalded | $\frac{1}{2}$ teaspoonful Slade's Cinnamon |
| 3 crackers, rolled fine and sifted | $\frac{1}{2}$ teaspoonful salt |
| $\frac{3}{4}$ cup sugar | |

Mix squash, milk and cracker crumbs together, then add sugar mixed with the spices and salt. Line a deep pie-plate with paste, fill with the squash mixture and bake in a moderate oven.—Miss Bertha M. Babb, Walker Manual Training School, Portland, Maine.

Strawberry Sortcake.—Sift together three cups pastry flour, one teaspoon salt, and six level teaspoons Slade's Baking Powder; with the tips of the fingers, well floured, work into the mixture one-third cup butter; mix with about one and one-half cups milk and water combined, to a soft dough; spread in two buttered pans, smoothing the dough

"I never saw its equal," said a housekeeper of Slade's Extract of Lemon.

with a knife or spoon. When baked, butter the under crust of each generously and put together with two baskets of strawberries that have been standing mixed with two cups granulated sugar an hour or more. The berries between the crusts and part of those on top may be sliced or mashed if desired. Beat a cup of double cream and two tablespoons powdered sugar until stiff to the bottom of the bowl. Use this to decorate the top of the shortcake, putting it on with a forcing bag and star tube. Or sprinkle the top of the berries with powdered sugar, and serve with cream from a pitcher.—Mrs. J. M. Hill.

Slade's Baking Powder has been on the market for over 60 yrs. If it had not possessed superior merits, it would have been driven from the market a generation ago.

Strawberry Shortcake (Individual).—

1 pint pastry flour	1½ box berries
4 teaspoons Slade's Baking Powder	1 cup or more of sugar
½ teaspoon salt	½ pint thin cream
3 tablespoons butter	¼ cup sugar
⅔ to ¾ cup milk	½ teaspoon Slade's Vanilla

Mix and sift the dry ingredients and cut the butter in with a knife. Add gradually enough milk to make a soft dough (from ⅔ to ¾ cup). Roll out ¼ inch thick. Cut with a biscuit-cutter, and bake in a hot oven from 10 to 20 minutes. Wash, hull, and slightly mash the berries, set in a warm place, and add a cup or more of sugar to sweeten the berries to taste. Whip the cream, sweeten and flavor.

When the little cakes are done, split, butter, put berries between and on top, and garnish with the whipped cream.—L. C. Smith, Brookline, Mass.

Strawberry Shortcake.—

2 cups bread flour	1 tablespoon sugar
4 teaspoons Slade's Baking Powder	½ cup of butter
½ teaspoon salt	¾ cup milk

Mix and sift the dry ingredients twice. Work in the butter with the tips of the fingers and add enough milk, gradually, to make as soft a dough as possible and still one that will not stick to the floured board when it is tossed about. Divide the dough in two parts and roll out each half to fit a round layer-cake tin which has been well greased. Bake in a hot oven 10 or 15 minutes. Butter the under crust and spread with sweetened mashed berries. (Use one cup of sugar to a box of berries). Cover the top with sifted powdered sugar or cover the top with halved berries and sprinkle generously with powdered sugar, or cover the top with whipped cream, which should be sweet-

Slade's Orange Extract has a richness of flavor lacking in some other brands.

ened first with a heaping tablespoon of powdered sugar and $\frac{1}{4}$ teaspoon of Slade's Vanilla.—Anna A. Murphy, Teacher of Cookery in Worcester, Mass., and Teacher in the Public Schools of Newark, N. J., during the summer.

Tea Cake.—

2 eggs, reserving white of	$\frac{1}{4}$ cup butter
one	2 cups flour
1 cup sugar	2 teaspoons Slade's Baking
$\frac{1}{2}$ cup milk	Powder

Cream the butter, add the sugar and cream the two together. Add the beaten egg. Sift the flour and baking powder together and add alternately with the milk. Bake in two or three layers about 25 minutes.

Filling.—Beat the reserved white of the egg very stiff, add $\frac{1}{4}$ cup of sugar and beat again, add $\frac{1}{2}$ cup fresh strawberries, crushed to a pulp and beat until stiff. Pile on top and fill between the cakes. Raspberries are as delicious as strawberries, also peaches may be used.—M. C. Jones, Cambridge, Mass.

PUDDINGS AND DAINTY DESSERTS.

In selecting a dessert the question of its wholesomeness should be considered, and in Slade's Tapioca is found an article from which can be made the most delicious desserts, the healthful qualities of which cannot be questioned.

Dr. B. F. Warner, of New York, says: The keenest-witted housewife is sometimes deceived by the attractive features which are intentionally presented to cover up deficiency in quality; the trained appetite of the epicure may, upon occasions, lead him astray, but the cold and impartial scientific tests of the chemical laboratory are unerring, and may be depended upon as being correct. Such tests demonstrate most effectually the utmost purity and wholesomeness of Slade's Quick Cooking Tapioca. Such tests show that this product is as acceptable on account of the nutrition it contains as it is desirable judged from the standpoint of the epicure, who must regard it highly for reasons of its toothsome-ness, which wins the appetite even as its intrinsic healthful qualities win praise from the scientific investigator who makes it the subject of examination.

It is not always that the provident housewife who conscientiously caters to the family and the seeker after gustatory delights can stand upon the same plane with the hygienist and the three unite in praise of the same food article—an article which, viewed from the standpoint of either, is all that can stand together upon common ground, for whether viewed by the light of kitchen wisdom, judged by the cultivated taste of the epicure or considered as a "subject" by

Slade's Vanilla is made from the best selected Mexican **Vanilla Beans**—for true delicious **Vanilla** flavor it is unequalled.

the analyst in his laboratory; from either or all of these points of view no better, purer, more appetizing or more wholesome food product could be asked than **Slade's Quick Cooking Tapioca**. In every essential feature it is most excellent.

Apple Roll, Lemon Sauce.—

2 cups flour	$\frac{3}{4}$ cup milk
4 teaspoons Slade's Baking Powder	1 cup chopped apple
$\frac{1}{2}$ teaspoon salt	3 tablespoons sugar
2 tablespoons butter	$\frac{1}{2}$ teaspoon Slade's Cinnamon

Mix and sift the dry ingredients. Work in the butter with the tips of the fingers; add gradually the milk, mixing with a knife to a soft dough. Put on a floured board and roll to one-fourth inch thickness, brush over with melted butter, and sprinkle with apple, sugar, and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness. Place on a buttered pan flat side down and bake in hot oven fifteen minutes. Serve with **Lemon Sauce**.

Lemon Sauce.—

$\frac{3}{4}$ cup sugar	1 tablespoon lemon juice
$\frac{1}{4}$ cup water	Dash of Slade's Nutmeg
2 teaspoons butter	

Make a syrup by boiling sugar and water five minutes; remove from fire; add butter, lemon juice and nutmeg.—**Mary E. Ditson**.

It is surprising how many cooks persist in buying whole nutmeg when they can get the absolutely pure powdered nutmeg in sifting top tins all ready for use, by asking their grocer for **Slade's Nutmeg**; there is no waste to throw away.

Apricot and Tapioca Trifle.—Put the juice from a can of apricots into a double boiler with sufficient boiling water to make one quart in all. Cook in this three-fourths of a cup of **Slade's Quick Cooking Tapioca** until the tapioca is transparent, adding meanwhile three-fourths of a cup of sugar. Put the apricots into a serving dish and pour the tapioca over them. Serve hot or cold with cream and sugar. Other fruit may be used in the same way. Sliced bananas are particularly good, but these should be stirred into the tapioca mixture before it is removed from the fire, as even a slight cooking renders the banana more easily digested. Add the juice of two lemons with the banana. If peaches be used flavor with a half-teaspoonful of **Slade's Mixed Spices**, or with lemon juice.—**Mrs. J. M. Hill**.

A reputation won by over 60 years of honest dealing is back of Slade's Spices and Extracts.

Bolled Cracker Pudding.—

1 quart milk	¼ teaspoon Slade's
1 pint pounded crackers	Allspice
2 eggs	½ teaspoon Slade's Cloves
¼ cup molasses	1 tablespoon melted
1 cup seeded raisins	butter
1 teaspoon Slade's Cin- namon	

Add cracker crumbs to milk. Beat eggs until light, add salt and spices and combine with the crackers and milk mixture. Add molasses, raisins and melted butter and stir until thoroughly blended. Tie the mixture carefully in a heavy floured pudding bag. Place on a rack in a kettle of boiling water, cover and boil 2¼ hours. Serve with hot pudding sauce.

Pudding may be steamed in a tin mould instead of boiling it in a pudding bag. It is more satisfactory if it is boiled in the bag.—Jean Kenrick.

Caramel Tapioca Cream.—

2 tablespoons Slade's	⅓ cup sugar
Pearl Tapioca	¼ teaspoon salt
1 pint milk	Whites 2 eggs
Yolk 2 eggs	2 tablespoons sugar,
½ teaspoon Slade's Vanilla	caramelized

Cover the Tapioca with hot water and let it stand to absorb the water. Caramelize the sugar and dissolve it in the milk. Add this to the Tapioca and let it cook in a double boiler until Tapioca is done. Beat the yolks of the eggs, add the sugar and salt and pour over them the milk. Cook like a soft custard. When creamy, remove from the heat and beat in the whites of the eggs, beaten to a stiff froth. Serve cold.—M. C. Jones, Cambridge, Mass.

Baked Indian Pudding.—

1 cup Indian meal	1 cup sugar
2 tablespoons flour	3 eggs
½ teaspoon salt	1½ teaspoons Slade's
2 quarts milk	Cinnamon
1 cup molasses	1 teaspoon Slade's Ginger
½ cup finely chopped suet	1 cup raisins, if desired.
¼ cup butter	

Scald one quart of the milk and stir into it the meal, flour and salt. While hot stir in the molasses, chopped suet, and butter. Let this mixture get cold, then add the sugar, well beaten eggs, one quart of cold milk and spices. Bake in a moderate oven three hours.—Isabelle Osborne, Instructor School of Domestic Science, Boston, Mass.

A delicious pudding can be made in a few minutes by the use of Slade's Quick Cooking Tapioca.

Slade's Ginger is selected ginger root powdered absolutely pure; it is of superior strength and flavor.

Baked Tapioca Pudding.—Scald one quart of milk. Put into it one-third cup Slade's Quick Cooking Tapioca; stir until transparent, about five minutes. Stir in one-half teaspoon salt and one tablespoon butter. Let it cool slightly; beat one egg with half a cup sugar and half a teaspoonful Slade's Cinnamon and stir into the Tapioca. Turn into a pudding dish and bake about twenty minutes, or until it puffs up and is brown. To be eaten hot with butter or cold with cream.—Mrs. Mary J. Lincoln, Culinary Editor of "American Kitchen Magazine."

Banana and Tapioca Charlotte.—Cook one-third cup of Slade's Quick Cooking Tapioca in a pint of boiling water until the mixture is smooth and transparent; add one cup of banana pulp (three or four bananas peeled and pressed through a potato-ricer or sieve), one-fourth cup of lemon juice and one cup of sugar. When the mixture is thoroughly scalded, remove it from the fire and fold into it the stiffly beaten whites of three eggs. Line a glass serving dish with lady fingers or macaroons and turn the mixture into it. Add one-fourth cup of milk and two tablespoonfuls of powdered sugar to cup of thick cream and beat until stiff with an egg-beater. Use the cream as garnish for the top of the charlotte. A pastry bag and rose tube will be found convenient in garnishing with whipped cream.—Mrs. J. M. Hill.

Caramel Pudding.—Scald 4 cups milk, Caramelize $\frac{1}{2}$ cup sugar and add slowly to the milk; when sugar is dissolved in milk, add 2 cups stale bread crumbs (coarse) and let soak 30 minutes.

Beat 2 eggs slightly, add $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt and 1 teaspoon Slade's Vanilla. Add to first mixture, turn into buttered baking dish and bake slowly one hour. Serve with sugar and cream.—I. R. Jarvis.

Cherry Tapioca Pudding.—Made same as the peach, with butter left out.

Coffee Tapioca Cream.—Put one pint of breakfast coffee over the fire in a double boiler. (The coffee left from breakfast will do, if it was poured from the grounds before it was taken to the breakfast room.) When hot, add three level tablespoonfuls of Slade's Quick Cooking Tapioca, and cook until the tapioca is transparent. Beat the yolks of two eggs, add half a cup of sugar and one-fourth a teaspoonful of salt, and beat again; dilute with a little of the hot tapioca, and stir into the contents of the double boiler. When the mixture has thickened fold in the stiffly beaten whites of the egg. Serve the cream very cold.—Mrs. J. M. Hill. •

The addition of Slade's Curry Powder to the gravy will make a stew a new dish.

Coffee Cream.—

1 cup strong coffee	1 tablespoon gelatine
1 cup cream (thin)	$\frac{1}{4}$ cup cold water
3 eggs	$\frac{1}{2}$ cup sugar

Scald coffee and cream in double boiler. Soften gelatine in cold water and add to hot cream. Add the beaten yolks and sugar; cook two minutes. Cool, add the stiffly beaten whites and beat the mixture in ice water till it begins to stiffen. Serve with whipped cream.—M. A. Davis, Worcester, Mass.

Custard Indian Pudding.—Put into top of double boiler 2 cups milk and 3 level tablespoons corn meal; steam $1\frac{1}{2}$ hours, stirring occasionally. Then remove and add $\frac{1}{4}$ cup milk (cold), one tablespoon butter and $\frac{1}{2}$ cup raisins.

Mix two eggs with a scant $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ teaspoon Slade's Ginger, $\frac{1}{2}$ teaspoon Slade's Cinnamon, and $\frac{1}{2}$ teaspoon salt. Add to the first mixture, and pour into baking dish and bake slowly until firm like a custard and browned. Serve plain or with a hard sauce made with brown sugar instead of white or powdered sugar.—H. A. Huestis, Boston, Mass.

Slade's Cinnamon is a blend of high-grade cassias so as to produce a strength and flavor superior to common cinnamon or cassia.

Fig and Ginger Pudding.—

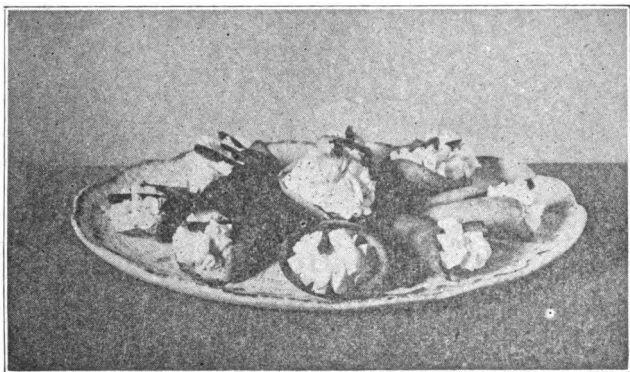
3 lbs. chopped figs	1 lb. crystalized ginger
9 cups water	4 cups sugar
1 teaspoon Slade's Ginger	

Cut the crystalized ginger in $\frac{1}{2}$ -inch pieces. Slowly boil all together on the back of the stove for six hours, stirring frequently to prevent sticking.

Delicious as a summer dessert. Serve with whipped cream into which chopped nuts have been stirred.—M. A. Davis, Worcester, Mass.

Fruit and Tapioca Pudding.—Pour one quart of boiling water over one cup Slade's Quick Cooking Tapioca and let it cook in the double boiler for five minutes, or until transparent. Add half a teaspoon salt. Core and pare seven tart apples. Put them in a round baking dish and fill the core cavities with sugar and the juice of one lemon. Pour the tapioca over them and bake slowly until the apples are soft and of a deep red color. Serve hot or cold, with sugar or cream. Peaches cut in halves may be used the same way.—Mrs. Mary J. Lincoln, Author of Boston Cook Book.

•**German Tapioca Pudding.**—Scald one quart of milk in the double boiler, and cook in it half a cup of Slade's Quick



CALLAS.
(See page 35.)

Leading Cooking School Teachers tell their pupils that the best results in flavoring food are attained by the use of **SLADE'S Spices and Extracts.**



TAPIOCA WITH APPLES.
(See page 55.)



STRAWBERRY SHORTCAKE.

(See pages 44-45.)

It is the flavor of the food that marks the difference between delicious dishes and the distasteful ones.

Slade's Spices and Flavoring Extracts ensure the best results.



COCOANUT FRUIT CAKE.

(See page 36.)

It is folly to accept poor trash when you pay the price of Slade's.. Slade's Extract of Vanilla is best and goes farthest.

Cooking Tapioca about five minutes, or until transparent. Stir in half a teaspoonful of salt and one teaspoonful of butter; beat two eggs with two tablespoonfuls of sugar, stir them quickly and thoroughly into the tapioca, and just as soon as the egg has a cooked look, turn into the dish for serving. Mix half a teaspoonful of Slade's Cinnamon with half a cup of sugar, and pour it over the pudding. Put one tablespoonful of butter cut into bits on the sugar. If this be done while the pudding is warm, by the time you are ready for the second course the butter and sugar will have melted and formed a delicious sauce for the pudding. To be served warm.—Mrs. M. J. Lincoln.

One of the most pleasing of spices is cinnamon or cassia, yet there is no spice in which the quality varies more; the only way to be sure to get the absolutely pure and best quality is to insist upon having Slade's in sealed packages. Avoid bulk and adulterated spices.

Oatmeal Pudding.—Use three cups apples, pared, cored and cut into eighths; one cup rolled oats, 2 tablespoons butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{4}$ teaspoon Slade's Cinnamon, $\frac{1}{4}$ teaspoon salt, one cup milk.

Butter a pudding dish, put into it half the apples, add half the butter, sugar, raisins, Slade's Cinnamon and salt. Sprinkle over this one-third the rolled oats, then add the remainder of the apples, butter, sugar, raisins, cinnamon and salt; cover with the remainder of rolled oats and pour on the milk. Bake in a moderately hot oven one hour, cover the dish the first half-hour.—Mrs. Mary L. Wade, Atlantic, Mass.

Orange Sago.—To two cups cold water add one cup Slade's Sago, let it soak until the water is all absorbed; then add another cup of boiling water and cook until the sago is clear; have ready four oranges sliced and cut in small pieces; sprinkle with sugar while the sago is hot; pour it over the oranges and put in a cool place. Serve with powdered sugar.—Mrs. J. M. Hill.

Peach Tapioca Pudding.—Take the juice from a quart can of peaches and add enough boiling water to make a quart. Add three-fourths cup of Slade's Quick Cooking Tapioca, one cup sugar, and small lump of butter. Cook until tapioca is transparent.

Place peaches in baking dish and pour over the tapioca. Bake in oven one-half hour. Rather slow oven is best. Serve with whipped cream.

Prune Sago Pudding.—One and one-half cups prunes stewed and picked to pieces, one cup Slade's Sago soaked and boiled until tender, one-half cup sugar, salt and Slade's

Any-old-spice may be good enough for foolish folks, but you want "Slade's."

Cinnamon to taste; juice and grated rind of one lemon. Cool in a mold. Serve with powdered sugar.—Mrs. J. M. Hill.

Raspberry Whip.—

2 small boxes berries 1 cup heavy cream
1 tablespoon lemon juice $\frac{1}{2}$ cup sugar

Mash half the berries, add the lemon juice and sugar and stir into the stiffly beaten cream. Pile in sherbet glasses, garnish with the whole berries and serve ice-cold with lady fingers.—M. A. Davis, Worcester, Mass.

Rhubarb Tapioca.—Divide stalks of rhubarb, lengthwise, into two or three pieces; then cut into bits. To one pint of the rhubarb add a dozen and a half of cooked prunes with one-fourth a cup of prune juice and half a cup of sugar. After boiling five minutes add half a cup Slade's Quick Cooking Tapioca, soaked a few minutes in three-fourths a cup of cold water, and cook over hot water (stirring once or twice) until the tapioca becomes transparent. Serve hot or cold with sugar and cream.—Mrs. J. M. Hill.

Rice and Tapioca Pudding.—Scald three pints of rich milk in a double boiler, stir into it half a cup of Slade's Quick Cooking Tapioca and half a cup of rice; cook until the tapioca is transparent. Add one cup of stoned raisins, one cup of sugar mixed with one-fourth a teaspoonful each of Slade's Ground Mace and Cinnamon, and a teaspoonful of salt; stir until the sugar is dissolved. Pour the mixture into a buttered pudding dish. Bake in a very moderate oven about three hours, or until the grains of rice are tender. Serve either hot or cold. If the milk be absorbed before the rice becomes tender, add more milk.—Mrs. J. M. Hill.

Sago Pudding.—Two large tablespoons Slade's Sago boiled in one quart of water, the peel of one lemon, a little Slade's Nutmeg; when cold add four eggs and a little salt. Bake about an hour. Serve with sugar and cream.

Strawberry Tapioca.—Soften one-half teaspoon of gelatine in cold water to cover; dissolve with two teaspoons of boiling water standing over hot water. Cut strawberries in halves lengthwise, dip the cut sides in the gelatine, and with them line a glass serving dish, chilled. Add one-half cup sugar, one cup of water and the juice of a lemon to the rest of the quart of berries, and cook until the berries are softened. There should be a generous pint of the mixture. Stir in one-fourth cup of Slade's Quick Cooking Tapioca and cook until the tapioca is transparent—from five to ten minutes; then fold in the whites of two eggs, beaten stiff; let cool slightly, then pour into the dish.

Slade's reputation is so valuable it would be folly to injure it by selling any poor stuff.

lined with berries. Chill, and at serving time decorate with double cream, sweetened and beaten solid, and whole berries.—Mrs. J. M. Hill.

Strawberry Sponge.—Hull a quart of strawberries and sprinkle a cupful of sugar over them and leave for an hour or more. Cover one-half box of gelatine with one-half cup cold water. Mash the berries and press out all the juice. Dissolve the gelatine with one cupful of boiling water, and the juice of a lemon and the juice of the strawberries, with more sugar if desirable and enough cold water to make fully three cups of liquid in all. When cold and it begins to jelly, beat in the whites of three eggs, stiffly beaten. Mould and serve with whipped cream or a custard made with the yolks of the eggs.—Alice M. Williams, Lynn, Mass.

Tapioca and Macaroon Cream.—

3 round tablespoonfuls of	$\frac{1}{4}$ teaspoon salt
Slade's Quick Cooking	$\frac{2}{3}$ cup pounded
Tapioca	macaroons
3 eggs	2 cups milk
$\frac{1}{2}$ cup sugar	

Scald the milk in double boiler, add the tapioca slowly and cook five minutes, stirring frequently. Beat the yolks of the eggs well, add sugar and salt, pour the hot mixture slowly into the egg mixture and return to the boiler to cook about five minutes, stirring all the time. Remove from fire, fold in the beaten whites of eggs, add the pounded macaroons and set aside to cool. Can be served with beaten cream.—Katherine M. Parsons, Lynn, Mass.

Tapioca with Apples.—Core and pare about eight tart apples; let cook, until they may be pierced with a fork, in a cup of sugar and water boiling together; cook only three or four at a time, and turn them often to preserve their shape. When all are cooked, remove to a baking dish, and to the syrup add enough boiling water to make three cups in all; add half a teaspoon of salt, and when again boiling stir in one-third cup of Slade's Quick Cooking Tapioca; stir and cook until transparent, then pour over the apples in the dish; sprinkle the tops of the apples with one-fourth a cup of sugar mixed with one tablespoon SLADE'S Cinnamon, and bake fifteen or twenty minutes. Serve hot or cold, preferably hot, with cream and sugar or with vanilla cream ice.

Tapioca Sponge.—Put one cup of currant or quince jelly into a pint measure; fill the measure with boiling water; add half a cup (scant measure) of Slade's Quick Cooking Tapioca, and cook in a double boiler until the tapioca is transparent. Add one-fourth a teaspoonful of salt to the whites of three eggs, and beat them until stiff; fold them

The peaceful powder for the U. S. Navy is Slade's Baking Powder.

into the tapioca mixture, and turn into a mould. Serve, when thoroughly chilled, with cream.—Mrs. J. M. Hill.

Always ask for Slade's Quick Cooking Tapioca.

Thanksgiving Pudding.—

3 pints scalded milk	½ teaspoon Slade's
1 lb. of bread, or 6	Cloves
pounded crackers	Salt
6 eggs	¼ cup butter
2 tablespoons flour	¼ cup chopped suet
1 cup sugar	Juice and rind of one
½ cup rose water	lemon
1 teaspoon Slade's Nutmeg	1 pound each of currants,
1 teaspoon Slade's Cinnamon	citrons and raisins

Scald the milk, add bread crumbs and soak over night; add beaten eggs, flour, sugar, salt and spices which have been mixed together, butter, chopped suet, lemon juice and rose water. When thoroughly blended add currants, raisins and citron, cut in very thin slices. Turn into a buttered earthen ware pudding dish, cover and bake in a moderate oven four hours. Serve with cream pudding sauce. If the pudding seems stiff, add a small amount more of cold milk, before putting into the baking dish.—Jean Kenrick.

Virginia Pone.—

1 cup hot boiled hominy	½ teaspoon salt
2 cups milk	1 cup white corn meal
5 level tablespoons butter	2 teaspoons Slade's Baking Powder
2 eggs, beaten	

Add to the hominy the milk and butter, then cool somewhat. Add the salt, white corn meal and the baking powder, mixed and sifted together. Add the eggs, beaten light. Bake in a buttered earthen dish 45 minutes.—M. C. Jones, Cambridge, Mass.

PICKLES AND PRESERVES.

Chili Sauce.—

24 tomatoes	1 teaspoon Slade's Cloves
3 small green peppers	1 teaspoon Slade's
1 large onion (sliced)	Allspice
2 cups vinegar	1 teaspoon Slade's Ginger
½ cup sugar	1 teaspoon Slade's
1 tablespoon salt	Nutmeg
1 teaspoon Slade's Cinnamon	

Boil vinegar and spices ten minutes. Peel and slice the tomatoes and add to the first mixture. Then add all the other ingredients and boil one and one-half hours. Re-

That tired feeling is often due to indigestible food. Slade's Baking Powder makes wholesome food.

move from the fire and seal in sterilized air-tight jars or bottles.—Anna A. Murphy, Worcester, Mass.

Fig Pickles.—

1 ¼ lbs dried figs

2 cups vinegar

1 ½ cups sugar

1 teaspoon Slade's Cin-
namon

1 teaspoon Slade's Cloves

Wash the figs thoroughly in warm water, cover with cold water and let soak for two days, then simmer gently in the water in which they are soaked until soft. Add the sugar, vinegar and spices, and boil gently until thick. Store in sterilized jars and seal.—Mary Macdermaid, Instructor, School Domestic Science, Boston.

You owe a duty to your family and the general welfare to insist upon having spices, baking powder, etc., of known purity and excellence. That is why you should call for **SLADE'S**.

French Pickles.—Slice one peck of green tomatoes, sprinkle them as they are sliced with one cup of salt; let stand over night, then drain thoroughly, rinsing with cold water. Cut two quarts of onions into slices and put the tomatoes and onions into a large saucepan in layers with a sprinkling of Slade's Pickling Spice between each layer, using in all one cup of spice; sprinkle in also one pound of brown sugar and four tablespoonfuls of mixed mustard. Cover with vinegar and simmer one hour. Store in fruit jars.—Mrs. J. M. Hill.

Green Tomato Sweet Pickle.—Of one peck of tomatoes remove a thin slice from the blossom ends and the hard portion around the stems, then slice. Sprinkle the slices as they are cut with a cup of salt and set aside over night. Drain and boil in two quarts of water and one quart of vinegar fifteen minutes, then drain again. Cook together ten minutes one gallon of cider vinegar, two pounds (four cups) of sugar and one package of Slade's Pickling Spice; add the tomato and simmer gently one hour, stirring occasionally. Store in fruit jars.—Mrs. J. M. Hill.

Mixed Pickles.—Cut fifty cucumbers lengthwise in quarters; cover with cold water in which one-third a cup of salt has been dissolved. Cook a large head of cauliflower in salted water until tender, then break apart in flowerets; cook two quarts of green beans, from which the strings have been taken, in salted water until nearly tender. Peel one quart of button onions and cook until nearly tender. Scald the cucumbers in the brine, then drain and rinse and mix with the other ingredients. Scald enough vinegar to cover the pickles, with three-fourths a cup of Slade's Pickling Spice, and pour while hot over the vegetables. This recipe gives a soft, tender pickle; if crisp pickles are desired, do not cook the vegetables. Let stand in salted water

**Only absolutely pure goods bear that name, "Slade's".
Protect your health by using only Slade's.**

over night, then drain off the brine, scald the brine with a piece of alum the size of a hickory nut, pour over the vegetables, and when cold drain and replace with hot vinegar and the spices.—Mrs. J. M. Hill.

Olive Oil Pickles.—Slice cucumbers enough to make four quarts, cover with boiling water in which one cup of salt has been dissolved, let stand in a covered vessel twenty-four hours, then drain, rinse with fresh water and drain again. Add to the cucumbers one dozen button onions, scalded and peeled, half a cup each of sugar, olive oil, Slade's Pickling Spice and cold vinegar enough to cover. Mix thoroughly and store in earthen jars or glass cans, taking care that the liquid covers the cucumbers completely.—Mrs. J. M. Hill, Boston.

Slade's Pickling Spice is a blend of whole spices, seeds, etc., to produce perfectly flavored pickles. Ask for Slade's and refuse bulk or inferior brands.

Pickled Beets, Spiced.—Cut off the tops one inch, at least, above the beet, but do not cut or break the root end. Wash carefully but thoroughly; cook in boiling water until tender, adding boiling water to replenish that which boils away. Drain, cover with cold water and rub off the skin; cut in thin slices or leave whole for use in holding salads. Pack while hot in a stone jar, sprinkling Slade's Pickling Spice between and over the slices or the entire roots. Cover with cold vinegar and close the jar tightly. Use the whole beets, with centres scraped out to form cups, for cucumber or other salads. Use the slices as any pickles, or cut in fanciful shape, or chop finely to decorate potato, sardine, cabbage, celery or other salads.—Mrs. J. M. Hill, Boston.

Picalilli or Chowchow.—Chop one peck of green tomatoes, mix with them one cup of salt and set aside over night. In the morning drain in a bag, pressing out all the liquid. To the tomatoes add one dozen small onions, one small head of cabbage, half a dozen green peppers and one head of celery, chopped.

Put the ingredients into a porcelain kettle with three cups of brown sugar, one cup and a half of Slade's Pickling Spice, tied in several small bags, and three quarts of vinegar. Cook very slowly until the tomatoes are soft (six or eight hours), stirring often. Store in jars, removing the bags of spice or not as desired.—Mrs. J. M. Hill, Boston.

Pickled Shad or Bluefish.—Put the fish on the drainer or sheet in the kettle, add one tablespoonful of salt for each quart of water and enough boiling water to just cover the fish; cook slowly until the flesh separates from the bone, thirty minutes or less. Drain and let cool. Cut the flesh in pieces. To half the water in which the fish

Before food laws, Slade's Spices and Specialties were absolutely pure, when adulteration was general.

was cooked add Slade's Pickling Spice, a tablespoonful to a quart, and simmer half an hour or more. Add as much cider vinegar as liquor, and heat and pour over the fish, taking care that the liquor covers the contents. The pickle will be ready for use in one or two days and will keep in a cool place about ten days.—Mrs. J. M. Hill, Boston.

Pickled Mushrooms.—Peel the mushrooms with a knife or rub them with flannel and salt to remove the skin. Put them in a saucepan with a teaspoonful of Slade's Pickling Spice and half a teaspoonful of salt for each pound of mushrooms. Cook very slowly until the juice begins to flow from them, shake and continue cooking until the liquid is absorbed; cover with vinegar, and when scalding hot store in glass fruit jars as in canning.—Mrs. J. M. Hill, Boston.

Pickled Oysters.—Wash fifty oysters, put into a saucepan and strain the liquor over them, adding one tablespoonful of Slade's Pickling Spice and half a teaspoonful of salt; cook until the oysters look plump and the edges curl, then add one cup of vinegar, and when the liquid boils turn at once into hot cans and finish as in canning. Store in a dry place.—Mrs. J. M. Hill, Boston.

Pickled Pears.—

4 quarts pears	1 oz. Slade's Stick
4 cups sugar	Cinnamon
4 cups vinegar	12 Slade's Whole Cloves

Boil sugar, vinegar, cloves and cinnamon twenty minutes; skin thoroughly. Wipe and pare fruit, and place in cold water to prevent discoloring. Stick each pear with four cloves. Cook in boiling syrup half at a time, till soft. Put up in pint jars, seal tightly according to directions for canning. Peaches or apples may be put up in the same manner. Large fruits should be cut in quarters.—Edna Burso, Worcester, Mass.

Ripe Tomatoes, Pickled.—Wipe carefully one peck of smooth, ripe tomatoes and pack them into a jar, sprinkling them as they are packed with one cup of Slade's Pickling Spice. Scald one gallon (or enough to cover the tomatoes) of strong cider vinegar and pour over the tomatoes; cover closely and let stand three days. Pour off the vinegar, scald and return to the tomatoes. After three days repeat the process, then set aside for six or eight weeks.—Mrs. J. M. Hill, Boston.

Stringless Beans, Pickled.—Of one peck of green or wax beans remove the strings, cook whole in slightly salted water until nearly tender. Fill into a jar in layers, with

**Slade's name has never been seen on adulterated goods.
Get Slade's and purity is insured.**

one cup of Slade's Pickling Spice. Cover with scalding hot vinegar, press down with a weight upon a plate and set aside for a week; then scald the vinegar and return to the beans. Repeat the process a third time, after which they will be ready for use.—Mrs. J. M. Hill, Boston.

Slade's Pickling Spice is a blend of whole spices, seeds, etc. to produce perfectly flavored pickles. Ask for Slade's and refuse bulk or inferior brands.

Sweet Pickled Crab Apples.—Rub eight pounds of Siberian crab apples with a dry flannel and prick each apple several times. Make a syrup of four pounds of sugar and a quart of vinegar (water may be substituted for a part of the vinegar): add two-thirds a cup of Slade's Pickling Spices and the crab apples and simmer until the apples are perfectly tender throughout, but not broken; drain and store in jars. Reduce the syrup until quite thick and pour over them.—Mrs. J. M. Hill, Boston.

Sweet Pickled Pears.—Pare seven pounds of pears without removing the stems. Let them stand in cold water until all are pared, to avoid discoloring. Make a syrup of three pounds of sugar and one pint of vinegar, add half a cup of Slade's Pickling Spice and the pears, cook until tender. Pack in jars, reduce the syrup somewhat, and pour over the pears; finish as in canning.

If the pears are very ripe, cook only until well scalded, skim out into a jar, reduce the syrup and pour over them. The next day pour off the syrup, reheat and pour over the fruit. Repeat the process three times, reheating the pears with the syrup the last time. Prepare peaches, ripe muskmelon rind, or ripe cucumbers in the same manner.—Mrs. J. M. Hill, Boston.

Some chemists claim that many of the spices sold in some States are adulterated; it is, therefore, for your interest to insist upon having Slade's Spices, which you know are absolutely pure and good.

Tomato Catsup.—Scald and pare ripe tomatoes and cut them in small pieces. To each quart add one chopped onion. Stew until very soft and then rub through a strainer. To each gallon of the strained tomato liquid add the following seasonings:

¼ ounce Slade's Cayenne	½ ounce Slade's Cloves
½ ounce Slade's Ginger	¼ lb. salt
½ ounce Slade's Allspice	1 pt. vinegar

Cook slowly for two hours and seal air-tight in sterilized glass jars.—Jean Kenrick, Newton, Mass.

Mint Jelly.—

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|-----------------------------------|-------------------------------|
| 2 tablespoons granulated gelatine | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup cold water | $\frac{1}{4}$ cup lemon juice |
| $2\frac{1}{2}$ cups boiling water | 1 bunch mint |

Wash and crush a small bunch of mint such as can be bought for five cents in a city market, and steep it in boiling water on the back of the stove for 15 or 20 minutes. Soften the gelatine in cold water, and then dissolve in the boiling water in which the mint has steeped. Add lemon juice and sugar. Strain and pour into small, individual moulds. Chill. Serve with lamb. — Miss L. C. Smith, Brookline, Mass.

Spiced Gooseberries.—

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| 6 quarts green or ripe gooseberries; pick off the blooms | 1 full tablespoon Slade's Cinnamon |
| 9 lbs. white sugar | 1 full tablespoon Slade's Allspice |
| 1 pt. vinegar | 1 full tablespoon Slade's Clove |

Put $\frac{1}{2}$ the quantity of sugar and the pint of vinegar and the gooseberries and spices in a preserving kettle and cook $1\frac{1}{2}$ hours—then add the remainder of the sugar and cook $\frac{1}{4}$ of an hour longer. Put into preserving jars while hot.—Katherine M. Parsons, Lynn, Mass.

One cannot be too careful about getting Slade's Cinnamon, Cloves and Allspice, for these are always good.

Spiced Grapes.—

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|------------------------------|---------------------------------------|
| 5 pounds grapes | 2 teaspoons Slade's Allspice |
| 3 pounds sugar | $\frac{1}{2}$ teaspoon Slade's Cloves |
| 2 teaspoons Slade's Cinnamon | |

Pulp the grapes and boil the skins until tender. Cook the pulp and strain through a sieve to remove seeds, then add the pulp to the skins, with sugar, spices, and one pint vinegar. Let this mixture boil thoroughly, then store in jars.—Isabelle Osborne, Instructor School of Domestic Science, Boston, Mass.

Spiced Rhubarb Jelly.—

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|--|--|
| 2 tablespoonfuls (level) granulated gelatine | 3 cups sugar |
| 2 tablespoonfuls cold water | $\frac{1}{2}$ teaspoonful Slade's Whole Cloves |
| 5 cups rhubarb cut in inch pieces | $\frac{1}{2}$ teaspoonful Slade's Whole Allspice |
| 1 cup water | 1 inch stick Slade's Whole Cinnamon |

Soak the gelatine in the 2 tablespoonfuls of cold water; cook the rhubarb, the cup of water, sugar and spices together ten minutes, drain through a colander and pour

Slade's Potato Flour makes delicious sponge cake. See recipes on package.

the liquid while hot over the softened gelatine, add the juice of the lemons and strain through a fine strainer into jelly mould. Set aside to harden.—Katherine M. Parsons.

You can buy Slade's Whole Cinnamon and other whole spices in 5 and 10 cent cartons.

FROZEN DAINTIES.

The flavor is what makes frozen dainties pleasing to the palate, and for flavoring extracts there are none that equal SLADE'S. Many of the extracts now being sold are made from coal-tar ethers and should be avoided by the careful housewife to whom is entrusted the health and comfort of the family. All danger and annoyance attending the use of adulterated and poor quality flavorings can be avoided by insisting upon having only SLADE'S Flavoring Extracts, which are always absolutely pure and prepared from the best selected fruits and oils and are entirely free from the artificial chemical ethers so commonly used.

For true flavors, Slade's will be found to be the most economical and pleasing because of their superior excellence.

Frozen Caramel Custard.—Stir one cup of granulated sugar in a saucepan over the fire until it melts and becomes caramelized. Cool the caramel a little and then add it carefully, using a long-handed spoon, to a quart of scalded milk. Add also one-quarter cup of Slade's Quick Cooking Tapioca and cook until the tapioca is transparent. Beat the yolks of four eggs slightly, add half a cup of sugar and half-teaspoonful of salt and cook in the hot mixture for a few moments, stirring all the time. Remove from the fire and turn at once into the can of the freezer. When thoroughly cold add one pint of cream, one and one-half tablespoonfuls of Slade's Vanilla Extract and freeze. In packing the freezer, use three parts of ice to one of salt.—Mrs. J. M. Hill.

Slade's Vanilla Ice Cream.—Soften one-fourth a package of gelatine in one-fourth a cup of cold milk and dissolve in a pint of scalded milk, add one cup of sugar, stir until dissolved, let cool, then add a second pint of milk, one cup of double cream and one tablespoonful of Slade's Vanilla Extract. In freezing use three measures of crushed ice to one of salt.

Serve in sherbet glasses. Put two tablespoonfuls of maple syrup in each glass; add a rounding tablespoonful of the frozen cream and sprinkle the top of the cream with English walnuts, chopped rather coarse.—Mrs. Janet M. Hill, Boston, Mass.

You can save money and get better results by using Slade's Baking Powder.

Slade's Vanilla extract is prepared from selected vanilla beans and will be found thoroughly reliable.

Strawberry Macaroon Ice.—To 1½ cups fresh strawberry juice or syrup from a jar of canned strawberries, add ¼ cup cold water, the juice of one lemon, a few grains of salt and sugar to taste; turn into a brick mould. Dilute ½ pint heavy cream with ½ cup milk and beat until stiff. Add ½ cup powdered sugar, ⅔ cup macaroons or macaroon drops dried and pounded, ½ tablespoon Slade's Vanilla, and a few grains salt. Pour on to the strawberry mixture to overflow the mould; cover with buttered paper, then with the tin cover. Pack in equal parts of ice and salt and let stand three hours.—Alice Bradley, Boston, Mass.

Pistachio Bisque Ice Cream.—

1 quart milk	¼ teaspoonful salt
1 cup sugar	1 egg
1 tablespoonful flour	

Scald the milk in a double boiler. Beat the egg slightly, blend with it the sugar, flour and salt, add to the scalded milk and cook twenty minutes. Strain and cool. When cold 1 quart cream, 1 tablespoonful Slade's Vanilla, 1 teaspoonful Slade's Almond, ½ cup chopped peanuts, almonds and macaroons. Color a pale green. Pack and freeze.—Alice M. Williams, Lynn, Mass.

Cherry Almond Mousse.—Make a white parfait by cooking 1 cup sugar and ¾ cup water till it spins a thread. Pour this mixture slowly over beaten whites of three eggs, beaten till stiff and dry. Fold in the whip from 1 cup cream and 1 cup chopped almonds which have been previously blanched and browned, ½ cup chopped candied cherries and 1 tsp. Slade's Almond Extract. Put into a mould, bury in ice and salt (4 parts ice to 1 part salt), for four hours. Turn on to a platter and press lady fingers around mould.—Edna Burso, Worcester, Mass.

HEALTH HINTS.

Health depends in a large degree upon keeping the body well nourished and the system working regularly; if the system becomes clogged, the decaying matter gradually poisons the entire system and headaches, stomach troubles, rheumatism, and almost all other troubles result.

For the proper nourishment of the body pure and palate pleasing food should be prepared, the more pleasing to the eye and palate the more readily the food is digested; the anticipated pleasure of some pleasing looking food starts the flow of saliva and when this is further helped by a savory smell and a palate tickling taste the saliva and the gastric

Be prepared for company by having a bottle of Slade's Salad Cream in the house:—Salads are always acceptable.

juices make digestion easy; this is one of the purposes of Slade's Spices and Slade's Extracts, they impart that delightful odor and flavor that make common foods uncommonly good.

Because of their absolute purity and superior excellence, Slade's Spices and Extracts conduce to good health. The general idea that spices and extracts are harmful is due to the large proportion of adulterated and poor quality spices and extracts commonly sold; spices loaded with dirt and adulteration, or ground from old, decayed or worm-eaten whole spices are necessarily unwholesome, and even good whole spices improperly powdered may be irritating, but Slade's Spices are the best selected spices, cleaned and powdered in the most approved manner, absolutely pure; that is why you should always insist upon SLADE'S.

A. R. Gray, M. D., in the American Journal of Health said: "Such a house as the D. & L. Slade Co., Boston, for illustration, offers the careful housekeeper a protection which cannot be over-estimated, for goods bearing their label are the best and purest obtainable and can be used with a sense of utmost security, as regards their wholesomeness and freedom from adulteration."

Extracts have been adulterated to a greater extent than almost any other article in the food line; the coal-tar products have given an opportunity to produce flavorings similar to the true extracts at prices so much less in cost that the temptation to sell the unwholesome products has been too great for many manufacturers and dealers; Slade's Flavoring Extracts are true, pure and wholesome; they are made from the best selected fruits and are always true to name and reliable.

SLADE'S VANILLA is prepared from the best selected Mexican Vanilla Beans and for delicacy of flavor and true efficiency is unsurpassed. It is free from all artificial color and its clear amber-like appearance tells of its high quality, and that all useless vegetable matter has been removed.

SLADE'S LEMON is prepared from the highest test Oil of Lemon and fresh fruit; a trial of this will convince the most skeptical that the high reputation of SLADE'S Spices is fully maintained in SLADE'S Flavoring Extracts.

SLADE'S ORANGE, ALMOND, ROSE, and ONION are all guaranteed to be absolutely pure and of the highest efficiency as flavorings; they will be found to be far superior to ordinary flavoring extracts, and to be most economical because SLADE'S will produce a better flavor with a smaller quantity.

For sandwiches, salads and cold meats use Slade's Mustard—it pleases the palate.

BELL'S SPICED SEASONING RECIPES

Bell's Seasoning has been sold for over 50 years and because of its superior excellence has supplanted other kinds and steadily increased in sale.

All Our Recipes have been prepared and tested by famous cooks. Every one is a gem. There is no guess-work. Results will always be satisfactory if directions are followed.

All measurements are level unless otherwise stated.

Tomato Soup. Place 1 quart milk in double boiler, and bring to a boil. Place in saucepan the contents of a 3-pound can of tomatoes, and bring to a boil. Add to the tomatoes $\frac{1}{4}$ teaspoon soda. This is important. Strain the tomatoes into the milk. Add 1 even teaspoon of Bell's Seasoning and 1 teaspoon of salt. Strain and serve promptly.

Jellied Meats or Fowl. 1 pint of cold meat or fowl, one teaspoon Bell's Seasoning, $\frac{1}{4}$ teaspoon salt, liquid enough to fill pint mould. Add to liquid when hot, 1 tablespoon granulated gelatine. Cool and serve on a base of lettuce leaves over which thin sliced lemon is placed.

Bell's Croquettes. 1 cup chopped cold roast lamb or boiled mutton. Cook one cup potatoes, pared and cut in $\frac{1}{2}$ -inch cubes, in boiling salted water till soft. Brown 1 tablespoon finely chopped onion with 2 tablespoons butter, stirring constantly. Add 4 tablespoons flour. Cook 2 minutes. Then pour on, stirring constantly, $\frac{3}{4}$ cup strained tomato. Season with $\frac{1}{4}$ teaspoon Bell's Seasoning, 1 teaspoon vinegar, $\frac{1}{4}$ teaspoon finely chopped parsley. Add lamb and potatoes.

Salt to taste. Spread mixture on plate to cool. Shape, dip in crumbs, in egg, and crumbs again. Fry in deep fat, and drain on brown paper.

Veal Loaf. 1 $\frac{1}{2}$ pounds finely chopped lean veal, $\frac{1}{4}$ pound finely chopped fat salt pork, $\frac{1}{2}$ cup bread or cracker crumbs, $\frac{1}{2}$ tablespoon salt, 1 tablespoon lemon juice, 1 heaping teaspoon Bell's Seasoning. Pack in small bread pan, brush with slightly beaten white of egg, cover, and bake in slow oven 2 $\frac{1}{2}$ hours. Baste three times with 1 tablespoon butter melted in 1 tablespoon hot water, and prick frequently. Remove loaf, and pour off any fat. Chill, cut in thin slices, garnish with slices of hard-boiled egg and parsley

Slade's Sage is the hand-picked sage leaves powdered perfectly pure—no stalks, no stems, no dirt.

Escalloped Meat or Fish. Alternate layer of meat or fish sprinkled over with 1 teaspoon **Bell's Seasoning**, with a layer of fine cracker crumbs, then a layer of potato. Repeat these layers until dish is full. Add gravy, broth, or warm water, and bake slowly. For fish use milk instead of warm water.

Hotel Sizes: the 1-pound can is sufficient to flavor the dressing of 800 pounds meat or poultry, or the 5-pound can, 4000 pounds.

Meat or Turkey Dressing. Toast 4 slices white bread and with 2 cups cracker crumbs place in a deep dish; add $\frac{1}{2}$ cup melted butter. Cover with $2\frac{1}{2}$ cups hot milk to make stuffing right consistency. Add **tablespoon Bell's Seasoning**, an even teaspoon salt and 4 slices salt pork fried to a crisp and chopped fine. When well mixed, stir in 2 raw eggs. Equally good when baked in small pan and serve separately.

A Nice Turkey Dressing. Toast 7 or 8 slices of white bread. Place in a deep dish, adding butter the size of an egg. Cover with hot water or milk to melt butter and make bread right consistency. Add 1 even **tablespoon of Bell's Seasoning** and 1 even teaspoon salt. When well mixed, stir in 1 or 2 raw eggs. For goose or duck add 1 raw onion chopped fine.

Equally good when baked in a small dish and served separately.

Miss Farmer's Turkey Dressing. 1 cup stale bread crumbs, 1 cup cracker crumbs, 1 **tablespoon Bell's Seasoning**, 1 teaspoon salt, $\frac{1}{2}$ **tablespoon** finely chopped onion, $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ cup finely chopped cold boiled ham. Mix well, and moisten with $1\frac{1}{2}$ cups scalded milk. If stuffing is to be served cold, add 1 egg, slightly beaten.

One of Boston's noted hotel-keepers has said: "I would as soon think of discharging my chef as to do without **Bell's Spiced Seasoning.**"

Delicious Dressed Beef. Take a 6-pound cut shin beef, wash thoroughly, cut in small pieces, place in kettle, half cover with cold water, and cook slowly for 5 hours. Remove fat, gristle, and bone. Chop fine, add 2 even **teaspoons of Bell's Seasoning**, heaping teaspoon salt, and enough of the liquor to moisten well. Place in deep dish with heavy weight on it and cool. An onion cooked with the meat will add to the flavor.

Delicious Lamb Croquettes. (Chicken or Beef Croquettes made in the same manner are excellent.) Prepare 5 cups of chopped lamb. Take $1\frac{1}{2}$ even **tablespoons** butter, melt in **saucepan**, and add 1 heaping **tablespoon flour** and 1 cup

No chemical preservatives in any of Slade's goods; purity and cleanliness and scientific skill are depended upon as preservatives.

of milk, stirring continually until it boils. Add 1 even teaspoon of Bell's Seasoning and 1 even teaspoon salt. Break 1 egg over the meat. Pour over same the sauce made as above, and stir thoroughly. Make into croquettes of size desired, and put in a cool place to harden. Fry in hot lard. Serve with green peas.

Hamburg Steak. For 1 pound of meat add 3 teaspoons Bell's Seasoning, half pint warm water. Place in baking pan and cook in moderate oven 1 hour. Serve on a base of mashed potato, garnished with parsley.

Salmon Loaf. Mix 1 beaten egg with 1 pint of mashed potato, and line mould with same. Fill with 1 pound of salmon well mixed with 1 heaping teaspoon of Bell's Seasoning. Cover with mashed potato. Then bake for 1 hour in moderate oven.

Spiced Beef. Chop 2 pounds fresh beef, enough to fill 4 cups. Soak 2 slices bread, either toasted or plain, in $1\frac{1}{2}$ cups of milk, and add to the raw beef. Cut fine 2 slices of fat salt pork, and add to beef, together with 3 even teaspoons salt, and 3 even teaspoons Bell's Seasoning. Place in a buttered pan. Cut a piece of butter the size of an egg in small pieces, and distribute over the top. Bake from 1 to $1\frac{1}{2}$ hours.

Escalloped Oysters. Toast to a crisp 2 slices of white bread. Break in pieces, and place in a deep dish. Add $\frac{1}{4}$ cup of cracker crumbs $\frac{1}{2}$ cup melted butter, $1\frac{1}{2}$ teaspoons salt, 1 even teaspoon of Bell's Seasoning. $\frac{1}{2}$ cup hot water and mix thoroughly. Place in bottom of shallow buttered baking-dish a thin layer of bread crumbs, then a layer consisting of $\frac{1}{2}$ pint of oysters, 2 tablespoons of oyster liquor, and 2 tablespoons of cream or milk. Cover with the dressing compounded as above. Add another half pint of oysters, 2 tablespoons of oyster liquor, 2 tablespoons of cream or milk, evenly distributed. Sprinkle with browned buttered cracker crumbs. Bake 30 minutes.

Meat Soufflé. Melt 1 tablespoon butter. Add 1 tablespoon flour. Pour on, stirring constantly, 1 cup scalded milk. Add $\frac{1}{2}$ cup soft stale bread crumbs. Cook 2 minutes. Add $\frac{1}{2}$ cup chopped cooked chicken, turkey, or duck, $\frac{1}{2}$ teaspoon Bell's Seasoning, $\frac{1}{2}$ teaspoon salt. Add well-beaten yolks 2 eggs. Cut and fold in the stiffly beaten whites. Bake in buttered pudding-dish in slow oven 35 minutes. Serve with or without white sauce.

Slade's Pepper has a better flavor than other kinds because it is the best cleaned whole pepper powdered perfectly pure.

Delicious Sausage. To each pound of fresh, lean pork add 1 level tablespoon of **Bell's Poultry Seasoning** and 1½ even teaspoons salt, Sprinkle over the meat, cut fine, thoroughly mix to a stiff dough, then make into cakes and fry.

1912, E. R. Grabow Co., Managers of Hotel Empire, Hotel Tuilleries, Boston, Hotel Titchfield and Myrtle Bank Hotel, Jamaica, New Ocean House, Swampscott, Mass., write: "We take pleasure in endorsing **BELL'S POULTRY DRESSING**, which is the only one we use in all our hotels, and cheerfully recommend it."

1878, Allen Ainslie, Steward, Tremont House, Boston, wrote: "Unquestionably the most superior **SEASONING** in use."

THIRTY-FIVE YEARS LATER

1913, Allen Ainslie, President Hotel Lenox, Boston, writes: "Have used **BELL'S SPICED SEASONING** for thirty-five in the various hotels which I have conducted and in my opinion it is the best Seasoning that has ever been put on the market."

1905, Mrs. W. H. Watson, Yokohama, Japan, wrote: "I used your Dressing for years in America. My mother used it and she thought as I do that there was nothing quite so good. Curnow & Company are our best grocers. I do wish you could induce them to buy it."

1906, J. Curnow & Co., Ltd., Yokohama, Japan, wrote: "We secured a supply of your Seasoning from Seattle and now have it on sale."

A. F. Tandy, Steward of the New Hampshire State Hospital at Concord, N. H., writes: "We have used your Poultry and Sausage Seasonings for several years, and they have always given entire satisfaction."

1912, William H. Moseley, Moseley's New Haven House, New Haven, Conn. wrote: "I wish to add my testimony to that given you by my father in 1878, and to say that we have continued to use your **POULTRY SEASONING** to the exclusion of all others, and find it has been kept up to the high standard of quality referred to by him."

1911, F. H. Crane, Superintendent Parlor, Sleeping and Dining Cars, New York, New Haven & Hartford Railroad

Physicians, Chemists, Cooks and Housekeepers all testify to the purity, wholesomeness and efficient qualities of Slade's Baking Powder.

Co., wrote: "We have been using **BELL'S POULTRY SEASONING** in our dining cars for a long time with good results."

1912, J. Freed Harvey, Managing Director of Hotel Bellevue and Hotel Canterbury, Boston, and Piedmont Hotel, Atlanta, Ga., wrote: "We use **BELL'S DRESSING** in all our hotels and have not used any other for eighteen years. Our cooks prefer Bell's to that of any other."

1876, J. B. Wistar, Steward Grand Central Hotel, New York City, wrote: "I have been over-persuaded to try other makes. In every instance have been obliged to either return or throw them away and fall back on the old reliable **BELL'S SPICED POULTRY SEASONING.**"

1913, Herbert S. Joslin, Manager Hotel Cecil, Medicine Hat, Alberta, Canada, writes: "**THE POULTRY AND SAUSAGE SEASONING** reaches us O. K. and almost every day we enjoy it in some form. My Chinese chef is quite delighted at the many compliments on his Turkey Dressing and home-made Sausage cake. You will hear from us as soon as we need more."

In 1870, Mrs. Underwood, the famous cook, served General Butler with dressing flavored with the original, **BELL'S SPICED SEASONING**, and the general said, "A little more stuffing, please. This is fine, Mrs. Underwood."

In 1870, **BELL'S SPICED SEASONING** was made of the granulated leaves of pure sweet herbs and spices. As it was in 1870, so it is to-day. It has given satisfaction each successive year to a critical public.

Memorial Hall, Harvard College,
Cambridge, March 1, 1878:

YOUR DRESSING for meat, game, fish, and poultry merits all that you claim for it. The pleasure of having herbs and spices in one package instead of half a dozen is realized when using your dressing. The satisfaction of having it at all times alike is apparent to any chef du cuisine.

F. E. Belch, Steward.

We recommend and sell

Bell's Seasoning

And cold meat, fish, and vegetables can be made into a pleasing salad by the use of Slade's Salad Cream.

KEEPING WELL.

Pure and palate pleasing food, right thinking, and right habits conduce to good health; the system should not be allowed to become clogged; to keep the system working properly regular habits should be cultivated and when nature needs assistance only reliable remedies should be used; Slade's name gives perfect protection from adulterated and fraudulent medicines.

In case of serious sickness always consult a physician. In an emergency for common disorder use some of the simple remedies found in almost every home.

Some of these simple remedies:

Acidity of Stomach.—Take a teaspoonful of Slade's Saleratus or Baking Powder in half a glass of water, or Slade's Soda Mints.

Biliousness—Slade's Aromatic Castor Oil.

Boils or Carbuncles (or other outward indications of impure blood).—Slade's Sulphur.

Bruises or Abrasions.—Slade's Camphorated Oil.

Burns and Scalds.—Slade's Camphorated Oil. Slade's Camphorated Oil and lime water equal parts, produces an improved "Carron Oil" as employed at the Carron Iron Works, Scotland.

Catarrh.—Slade's Sulphur internally taken in milk or Slade's Sulphur taken with molasses. Slade's Cream Tar is a valuable adjunct to the sulphur and molasses.

Cold.—If attended with constipation use Slade's Aromatic Castor Oil.

Colic.—Slade's Essence Peppermint and Spearmint. If there is costiveness and continued pain a cathartic should be employed such as Slade's Aromatic Castor Oil.

Collapse or Fainting.—A few drops of Slade's Spirits Camphor on sugar taken internally, also bathe the face with Slade's Spirits Camphor.

Good nutrition depends on pure and healthful food—Slade's Baking Powder makes health-giving food.

Congestion of Bronchial Passage.—Slade's Camphorated Oil externally.

Constipation.—Slade's Aromatic (pleasant) Castor Oil, Slade's Tincture of Rhubarb, Slade's Sweet Tincture of Rhubarb.

Diarrhoea.—Slade's Essence Spearmint, Slade's Sweet Tincture Rhubarb.

Diphtheria.—Slade's Sulphur. Blow through a cone of paper into tonsils. Allow a pinch of Slade's Borax to dissolve on tongue slowly.

Dyspepsia.—Slade's Soda Mints.

Dysentery.—Slade's Aromatic Castor Oil.

Eczema.—Slade's Sulphur mixed with equal amounts of lard and applied to parts affected. Slade's Camphorated Oil, applied externally, Slade's Sulphur internally. Dissolve a few grains menthol in Slade's Camphorated Oil and apply.

Ear Ache.—Place Slade's Sweet Oil or Slade's Camphorated Oil on cotton and put into ear passage and apply warmth at back of ear.

Flatulence.—Slade's Soda Mints, Slade's Essence of Peppermint, Slade's Essence of Spearmint.

Headache.—Slade's Spirits Camphor as an outward application. If constipated use remedies suggested. See Constipation. Put feet into hot water with Slade's Mustard and allow to remain until cold; it draws the blood and inflammation from head.

Heartburn.—Slade's Soda Mints.

Hives.—Bathe the body with equal parts Slade's Spirits Camphor and water, rubbing the affected parts especially well. Give cathartics such as Slade's Aromatic Castor Oil, etc.

Nausea.—Slade's Essence Spearmint, Slade's Soda Mints, Three to five drops Slade's Spirits Camphor on sugar.

Neuralgia (Pain in nerve centres).—Slade's Spirits Camphor, Slade's Camphorated Oil, all to be applied externally, parts to be well rubbed.

Prickly Heat.—Eat light, keep bowels open by use of

Baked beans become a real treat when Slade's Salad Cream is used upon them.

Slade's Aromatic Castor Oil and bathe in water in which there has been some Slade's Saleratus dissolved.

Rheumatic (or muscular pain).—Slade's Spirits Camphor, Slade's Camphorated Oil, all applied externally. Cover parts with cloth or oiled silk to keep moisture in and prevent evaporation.

Sour Stomach.—Slade's Soda Mints.

Sprains.—Slade's Camphorated Oil, Slade's Spirits Camphor. Apply externally to parts affected.

Stomach Ache.—Slade's Essence Spearmint, Peppermint, Checkerberry.

Stomach Burn.—Slade's Soda Mints.

Tooth Ache (Cavity).—Saturate a piece of cotton with Slade's Camphorated Oil and insert in the cavity of tooth.

Tooth Ache (Inflammation or swollen gum).—Rub gum with Slade's Spirits Camphor and rub the outside of face with Slade's Camphorated Oil. Keep face warm.

HOUSEHOLD HINTS.

To Destroy Cabbage Worms.—Sprinkle Slade's Pepper into the growing cabbages.

To Cook Peas or Beans That are Too Old to be Tender.—Add a pinch of Slade's Baking Powder to the water in which they are cooked; it removes the strong flavor and makes them more digestible and more delicate.

To Remove Fruit or Tea Stains From Table Cloths or Napkins.—Use Slade's Saleratus moistened with sweet milk or soap suds.

To Make Clothes Look White.—Add a liberal quantity of Slade's Saleratus in washing, and the clothes will not require so much rubbing.

To Soften Water.—Add a little Slade's Saleratus or a little Slade's Borax.

To Keep the Whites of Eggs from Falling Back Before Being Used.—Add a pinch of Slade's Cream Tartar to the half-beaten whites and beat until stiff.

To Make Cut Flowers Keep.—Add a little Slade's Saleratus to the water in which they are kept.

To Clean White Furs.—Wash in warm water, to which Slade's Saleratus has been added.

To Remove Stains from Marble.—Apply a mixture of Slade's Saleratus and Whiting with a damp cloth.

Lavatories, Kitchen Sinks, and Laundry Tubs can be kept sweet and clean with a generous usage of Slade's Saleratus.

To Improve the Flavor of Gooseberries.—Add a little Slade's Cinnamon.

To Make a Faded Dress Perfectly White.—Wash in boiling water, to which Slade's Cream Tartar has been added.

To Keep Milk Cans Sweet and Clean.—Rinse in hot water in which some Slade's Saleratus has been dissolved.

To Clean Feather Dusters.—Give a bath in hot water, in which a generous amount of Slade's Saleratus has been dissolved.

To Sweeten Meats and Game Which Have Become Slightly Tainted.—As a rule all large roasts, or any kind of meat, poultry or game should be washed before cooking in a pan of water, to which a tablespoon of Slade's Saleratus has been added. If there be the slightest taint the Saleratus sweetens and purifies it. Liver, Kidney, Heart, Sweetbreads, etc., may be treated in the same way to remove the coagulated blood.

To Flavor White Soups, Mashed Potatoes, Poached Eggs, Etc.—Use Slade's White Pepper, as it will not show as plainly as when the Black Pepper is used.

When the Butter Fails to Come after the customary amount of churning, a teaspoonful of Slade's Soda will hasten matters.

Milk Which Has Turned may be rendered fit for use again by stirring in a little Slade's Soda.

To Keep the Baby's Bottle Sweet.—Rinse often in boiling water, in which Slade's Saleratus has been dissolved.

To Keep Gruels or Milk Sweet in the Sick Room.—Put in a pinch of Slade's Saleratus.

Acid Fruits will require much less sugar if a little Slade's Saleratus is stirred in before adding sugar. Remember this when cooking Rhubarb, Cranberries, Gooseberries, Currants, Plums, etc.

When Cooking Meats and Vegetables the addition of a little Slade's Saleratus will hasten their cooking as well as make them tender.

Slade's Spices and Specialties are all pure, always pure and pure in all ways.

When Washing Dishes add a little of Slade's Saleratus or of Slade's Borax and your dishes will clean easier and have a better polish.

To Prevent Moths from Destroying Clothing, Carpets, Etc.—Sprinkle Slade's Cloves and Allspice about the articles to be protected. It is said that Slade's Cloves are as effective as camphor, moth marbles, etc., and far more agreeable to smell.

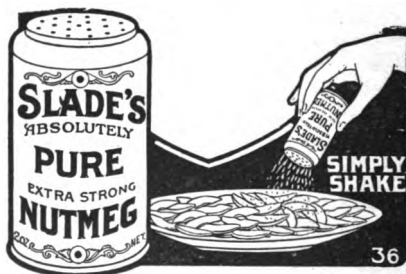
To Drive Away Red Ants.—Scatter Slade's Cloves and Allspice thickly about where the ants trouble and allow it to remain; the smell of cloves is very distasteful to the ants, and drives them away.

Antidote for Poison.—In case of accidentally taking poison, first produce vomiting by giving an emetic consisting of a teaspoon of Slade's Mustard in a tumbler of warm water, call physician at once, then give the white of an egg, and in case of stupor, give strong coffee.

A GREAT CONVENIENCE

You need no grater

**A SIMPLE SHAKE
FLAVORS THE CAKE**



SLADE'S Powdered Nutmeg

Is rapidly taking the place of whole Nutmegs.

It is more convenient and more economical as there is no waste.

How to Measure

By Mrs. Mary J. Lincoln.

ONE cup, or one tablespoon, or one teaspoon, means a full measure—all it will hold of liquid, and even with the rim, or edge, of dry material.

Stir up all packed materials, like mustard in its box, and sift flour before measuring. Fill cup without shaking down, and dip spoon in material, taking up a heaped measure, then with a knife scrape off toward the tip till you have level measure. Pack butter or lard in cup so there will be no air spaces. A **scant cup** means one-eighth less and a **heaped cup** about one-eighth more than a level cup.

Divide a level spoon lengthwise for a **half measure**, and a half-spoon crosswise for quarters or eighths. A **pinch** means about one-eighth, so does a saltspoon; less than that means a **dash** or a few grains.

A **rounded tablespoon** means filled above the rim as much as the spoon hollow below, and equals two of level measure. It also equals one ounce in weight, and two rounded tablespoons if put together would heap a tablespoon about as high as would an egg, giving us the old-time measure of "butter size of an egg," or two ounces, or one-fourth the cup. Butter and flour for sauces are commonly measured by the rounded tablespoon by the experienced housekeeper.

Soda, cream-of-tartar, baking powder, salt and spices, and some extracts, are generally measured with a teaspoon, level measure, for this gives the proportional amount needed for the cup measure of other materials.

Table of Proportions

60 drops.....	= 1 teasp.
3 teaspoons.....	= 1 tbsp.
4 tablespoons....	= $\frac{1}{4}$ cup.
1 cup	= $\frac{1}{2}$ pint.
1 round table- spoon butter	= 1 ounce.
1 solid cup but- ter, granulated sugar, milk, chopped meat	= $\frac{1}{2}$ pound.
2 cups flour.....	= $\frac{1}{2}$ pound.
9 large eggs.....	= 1 pound.

Table of Measures

1 cup liquid, 3 cups flour for bread
1 cup liquid, 2 cups flour for muffins.
1 cup liquid, 1 cup flour for batters.
1 teaspoon soda to 1 pint sour milk.
1 teaspoon soda to 1 cup molasses.
$\frac{1}{4}$ teaspoon salt to 1 quart custard.
1 teaspoon salt to 1 quart water.
$\frac{1}{2}$ teaspoon salt is a pinch.
$\frac{1}{4}$ square inch pepper is a shake.

Time Table for Cooking

By Mrs. Mary J. Lincoln

BAKING BREAD, CAKES AND PUDDINGS.

Loaf bread.....	40 to 60 m.
Rolls, Biscuit.....	10 to 20 "
Graham gems.....	30 "
Gingerbread.....	20 to 30 "
Sponge cake.....	45 to 60 "
Plain cake.....	30 to 40 "
Fruit cake.....	2 to 3 hrs.
Cookies.....	10 to 15 m.
Bread pudding.....	1 hr.
Rice and Tapioca.....	1 "
Indian pudding.....	2 to 3 "
Plum pudding.....	2 to 3 "
Custards.....	15 to 20 m.
Steamed brown-bread.....	3 hrs.
Steamed pudding.....	1 to 3 "
Pie-crust.....	about 30 m.
Potatoes.....	30 to 45 "
Baked beans.....	6 to 8 hrs.
Braised meat.....	3 to 4 "
Scalloped dishes.....	15 to 20 m.

FRYING

Croquettes, Fish Balls.....	1 m.
Doughnuts, Fritters.....	3 to 5 "
Bacon, Small Fish, Potatoes.....	2 to 5 "
Breaded Chops and Fish.....	5 to 3 "

BOILING

Coffee.....	3 to 5 m.
Tea, steep without boiling.....	5 "
Corn meal.....	3 hrs.
Hominy, fine.....	1 hr.
Oatmeal, rolled.....	30 m.
" coarse, steamed.....	3 hrs.
Rice, steamed.....	45 to 60 m.
Rice, boiled.....	15 to 20 "
Wheat Granules.....	20 to 30 "
Eggs, soft boiled.....	3 to 6 "
Eggs, hard boiled.....	15 to 20 "
Fish, long, whole, per lb.....	6 to 10 "
Fish, cubical, per lb.....	15 "
Clams, Oysters.....	3 to 5 "
Beef, corned and a la mode.....	3 to 5 hrs.
Soup-stock.....	3 to 6 "
Veal, Mutton.....	2 to 3 "

BAKING MEATS

Beef, sirloin, rare, per lb.....	8 to 10 m.
Beef, sirloin, well done, per lb.....	12 to 15 "
Beef, rolled rib or rump, per lb.....	12 to 15 "
Beef, long or short fillet.....	20 to 30 "
Mutton, rare, per lb.....	10 "
Mutton, well done, per lb.....	15 "
Lamb, well done, per lb.....	15 "
Veal, well done, per lb.....	20 "
Pork, well done, per lb.....	30 "
Turkey, 10 lbs wt.. Chickens, 3 to 4 lbs. wt.....	3 hrs. 1 to 1 1/2 "
Goose, 8 lbs.....	2 "
Tame ducks.....	40 to 60 m
Game duck.....	30 to 40 m
Grouse, Pigeons.....	30 "
Small birds.....	15 to 20 "
Venison, per lb.....	15 "
Fish, 6 to 8 lbs ; long thin fish.....	1 hr
Fish 4 to 6 lbs ; thick Halibut.....	1 "
Fish, small.....	20 to 30 m

BROILING

Steak, one inch thick.....	4 m.
Steak, one and a half inches thick.....	6 "
Small, thin fish.....	5 to 8 "

Thick fish.....	12 to 15 m.
Chops broiled in pa- per.....	8 to 10 "
Chicken.....	20 "
Liver, Tripe, Bacon.....	3 to 8 "

HEALTH AUTHORITIES PRAISE THE PURITY OF SLADE'S FOOD PRODUCTS.

Massachusetts State Assayers

Messrs. Griffin & Little have certified that they have examined samples of Slade's Spices, Mustard, Cream Tartar, Herbs, etc., and found them to be absolutely pure and of highest quality.

Prof. S. P. Sharples, Dr. B. F. Davenport, Prof. J. F. Babcock and other well-known chemists and analysts, have certified to the purity and quality and healthfulness of Congress Baking Powder

Maine State Assayers

Professors F. L. Bartlett and Richard M. Stanley have testified to the perfect purity and healthful quality of Congress Baking Powder.

Rhode Island State Assayer

Prof. E. E. Calder has certified to the purity, efficiency, healthfulness and reliability of Congress Baking Powder.

Connecticut State Analysts

in their official reports testify to the absolute purity of Slade's Spices, Cream Tartar, etc. In Bulletin 123 they show that of 22 samples of mustard in labeled packages, Slade's Mustard was the only absolutely pure uncolored mustard found.

New York State

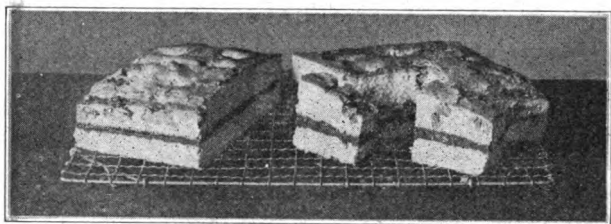
Messrs. Stillwell & Gladding, analytical chemists, have certified that Slade's Baking Powder is an honest powder, of great purity and exceptional strength.

A. R. Gray, M. D.: "The most searching analysis of the D. & L. Slade Co.'s Spices but demonstrates their excellence and absolute purity, and condiments sold under their brand are eminently worthy of praise from every physician and health journal in the land."

Dr. B. F. Warner: "Judged simply upon its own strong merits and from the viewpoint of the trained hygienist, Slade's Quick Cooking Tapioca deserves the heartiest praise that any health publication can bestow upon a deserving food article whose wholesomeness and nutritive value have been thoroughly proved by the most searching scientific tests."

EVERY TEST OF SLADE'S SPICES,

Baking Powder, Mustard, Cream Tartar, etc., means new triumph, for SLADE'S goods are all pure, always pure, and pure in all ways.



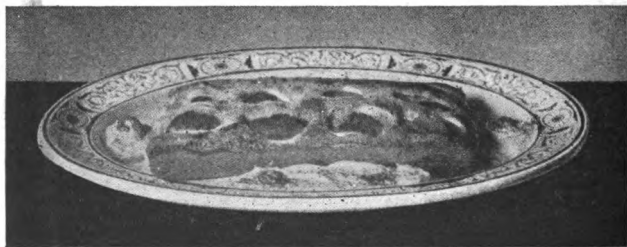
NUT LAYER CAKE

(See page 41.)

THE BOSTON COOKS' ALLIANCE certified that practical tests demonstrated that **SLADE'S Spices, Cream Tartar, Mustard and Herbs** are superior to other brands and that they are the purest, strongest and best upon the market.

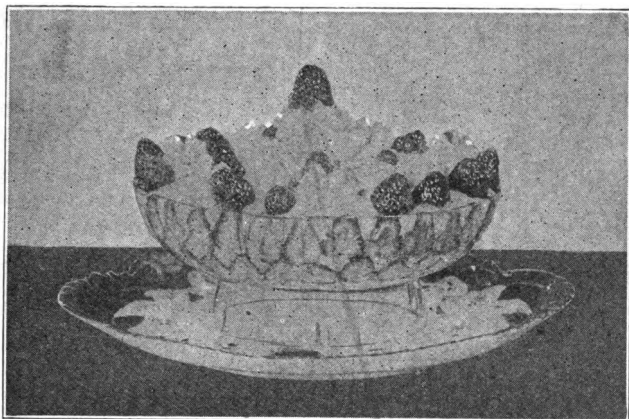
THE INTERNATIONAL COOKS AND PASTRY COOKS ASSOCIATION OF NEW YORK certify that "To obtain the best results we use and recommend for use **SLADE'S Spices**. We find them superior to all others." (Signed)

ADOLPHE MEYER, Secretary.



DUTCH APPLE CAKE.

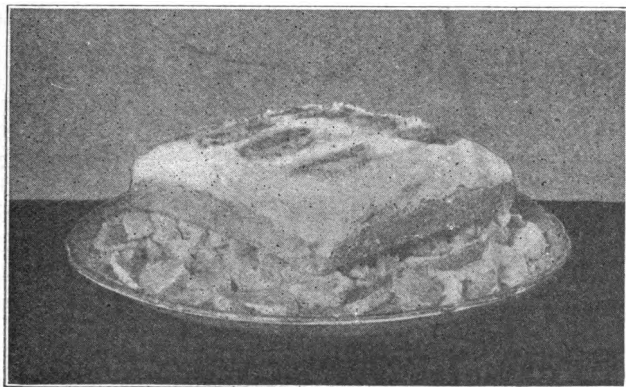
(See page 37.)



STRAWBERRIES AND TAPIOCA

(See page 54.)

PROFESSOR ALLYN OF THE WESTFIELD (MASS.) BOARD OF HEALTH has certified that **SLADE'S SPICES** and **SPECIALTIES** are absolutely pure and excellent.



ORANGE SHORTCAKE.

(See page 41.)

SLADE'S

Flavoring Extracts

Will be found unusually pleasing. They are free from all artificial flavors, and are made from fresh fruits and oils; they are pure, true and good.

See that they bear the name of

D. & L. SLADE CO.
BOSTON



SLADE'S

Quick Cooking

TAPIOCA

CLEAN, CONVENIENT
CHEAP



Cooks instantly, and makes delicious desserts

SLADE'S

Salad Cream

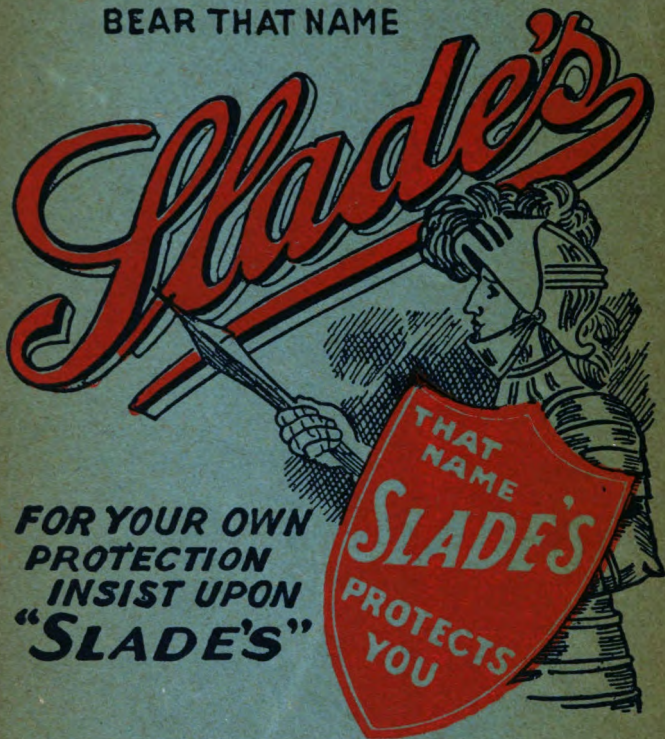
PURE AND PLEASING

**A most satisfying dressing for Salads, Sandwiches,
Cold Meats, etc.**

ONLY PURE

SPICES, MUSTARD, CREAM TARTAR ETC.

BEAR THAT NAME



**FOR YOUR OWN
PROTECTION
INSIST UPON
"SLADE'S"**

**GUARANTEED UNDER THE FOOD AND DRUGS
ACT, JUNE 30, 1906. SERIAL NO76.**

**D. & L. SLADE CO.
BOSTON, MASS, U.S.A.**